EAT GREEN • LIVE WELL

# vegetarian times

July/August 2009
vegetariantimes.com

## celebrate summer!

**36 healthy recipes** starring the season's freshest flavors

**Inspired** ideas for juicy summer **berries**

**BBQ special**
Smokin' hot recipes, expert grilling tips



**Best veggie marinade!**
FARM STAND VEGETABLE SKEWERS WITH ROSEMARY-DIJON VINAIGRETTE, p. 44

**Zucchini** 5 ways

**30-minute** stir-fry suppers

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July/August 2009 | ISSUE 369 | VOL. 35 | NO. 7

## features



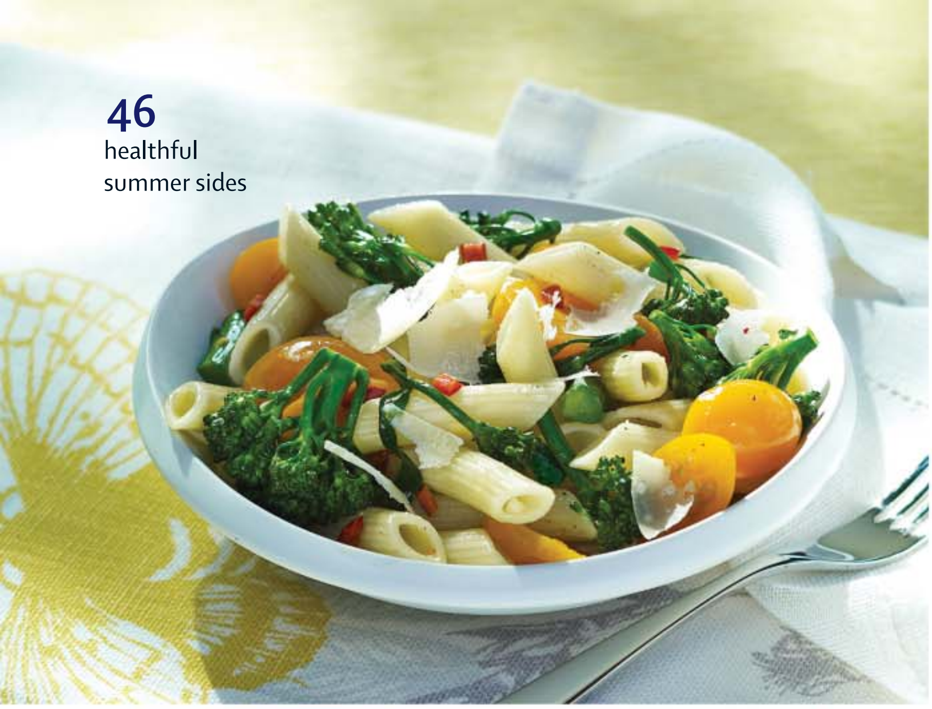
## on the cover





### cover

Photography by Pornchai Mittongtare
Food styling by Liesl Maggiore
Prop styling by Robin Turk











Issue 369, Vol. 35, No. 7 *Vegetarian Times* (ISSN 0164-8497, USPS 433-170) is published monthly except June, August, and December by Cruz Bay Publishing, Inc., an Active Interest Media company. The known office of publication is at 475 Sansome St., Suite 850, San Francisco, CA 94111. Periodicals postage paid at San Francisco, CA, and at additional mailing offices. POSTMASTER: Send all address changes to Vegetarian Times, PO Box 420235, Palm Coast, FL 32142-0235.

## staples








COURTESY DAN PIRARO





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# party with portobellos



**This probably goes without saying,** but I'll say it anyway: when you bring veggie burgers to a summer barbecue, they better be irresistible.

For this issue, we wanted to make them irresistible, and fun. The result: Smoky Baby Portobello Sliders—mini Gouda-stuffed portobello mushrooms topped with barbecue sauce and sautéed onions. It might just be the vegetarian secret weapon for your 2009 cookouts.

You'll find the sliders, plus the grillicious marinated vegetable skewers on our cover, and other crowd-pleasing recipes in "Grill Like a Pro!" (p. 40), along with expert tips to turn you into a veggie-grilling master. As you're rounding out your barbecue menu, check out "Slimmed-Down Summer Sides" (p. 46) for enlightened variations on your favorite outdoor dining accompaniments—potato salad, coleslaw, pasta salad, and more.

For the ultimate sweet endings, look no further than "Berries Jubilee" (p. 66), a guide to choosing and using all those seasonal berries at their ripe, juicy best. If you've heard the phrase "summer pudding" but don't really know what it is, get ready to be delighted. (If you have any British ancestors, this recipe will make you proud.)

Elizabeth Turner

PHOTOGRAPHY: JENNIE WARREN; HAIR AND MAKEUP: DORIT GENAZZANI, USING MAC



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# contributors



## Richard Jung

**Photographer, "Berries Jubilee," p. 66**

**What's your No. 1 grocery splurge?** A good bottle of Talisker whiskey.

**What was your most memorable dining experience ever?** I was once surrounded by fearsome monkeys while eating my breakfast porridge in India. Very distressing and memorable!

**What's your most treasured family recipe?** I would say the fruit pies my mother would make for me on my birthday. I much prefer pie to cake.

**If you were a fruit or vegetable, which one would you be and why?** I would very much like to be a rutabaga or maybe a kohlrabi, because they are both underrated and still have a chance to rise to fame in the vegetable world.



## Ani Phyo

**Recipe Developer, "Soup in the Raw," p. 50**

**Who/what inspires you most?** My canine companion, Kanga. She reminds me to stop and smell the flowers and to take time to bask in the sun, roll in the grass, rest, nap, and meditate.

**What did you discover while on this assignment?** That using local, seasonal ingredients to make soups is economical.

**What's your No. 1 grocery splurge?** Fresh persimmons and figs.

**If you could enjoy a veg meal and conversation with anyone—dead or alive—who would it be and why?** Abraham Lincoln. I'm curious to know if he chose vegetarianism for compassionate reasons. And, how happy he is about our new president.

**What was your best improvisatory moment in the kitchen?** Making a marinara sauce with mango because I ran out of tomato. I simply swapped mango for tomato, and blended it with fresh herbs, spices, and olive oil. It was delicious, and a pretty orange color.



## Ryan Ritchie

**Writer, "One-on-One with Dan Piraro," p. 34**

**What did you discover while on this assignment?** That creating a daily comic strip *is* as difficult as I thought it would be.

**What's your No. 1 grocery splurge?** Ice cream sandwiches.

**What's your No. 1 pantry staple?** Cajun spice.

**What was your most memorable dining experience ever?** It's a toss-up between pasta al pomodoro in Venice, Italy, or the first time I had a vegan doughnut at Voodoo Doughnut in Portland, Ore.

**What was your best improvisatory moment in the kitchen?** The time that I couldn't decide if I wanted to open a bottle of red wine or white, so I popped them both.

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# vegetarian times

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FOR EDITORIAL QUESTIONS, CALL 310-356-4100

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FOREIGN ORDERS, CALL 386-447-2398




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# letters


1 FOOD 5 WAYS

eggs

There's still a lot to learn about this protein-packed basic

## VEGAN CHEESE

Thank you, thank you, thank you for the vegan cheese recipes ("Say Cheese!," April, p. 48). The cheese alternatives I find in stores are OK in recipes, but are not very satisfying on their own. Not so for these nut cheeses ... they are wonderful in recipes and absolutely delish by themselves. I even made the Spinach, Feta, and Tomato Quiche on page 73 (1 Food 5 Ways) with the Almond Feta Cheese minus the Herb Oil. After the first bite my husband said, "This goes on the 'company list'!" By the way, I could not find cheesecloth, so I used a combination of coffee filters and paper towels. They worked well!

KIM HUELS | PITTSFORD, N.Y.

## QUICHE CONVERT

I'm always on the lookout for ways to make tasty veg dishes that are interesting, nutritionally balanced, and whose flavor can help my family forget that there's no meat in them. After your April cover caught my eye at the grocery register, I tried the recipe (Spinach, Feta, and Tomato Quiche) on my family, all of whom—except me—love quiche. I sautéed fresh spinach instead of using frozen, and probably added more feta than required; however, it came out looking just like the photo and tasting far better than I thought any quiche ever could. I'm a true convert, not just to your magazine, but to quiche as well! Thank you for the great, simple recipes, and the amazing photos that accompany them.

LARA BOUCHER | ANCHORAGE, ALASKA

## BREAKING IT DOWN

I appreciate that serving sizes are finally included with your recipes. I am currently trying to lose weight, and I love looking at healthy recipes, but I never know how much a serving is. It helps having a good, general idea of my daily caloric intake. Thank you!

ALEX HUMBER | VIA E-MAIL

## FAB 5

We only print recipes we think are terrific, but each month we always have a few favorites. These are our top five from this issue:

1. Laotian Eggplant with Tomatoes, Onion, and Mint, p. 38
2. Essence of Tomato Soup, p. 52
3. Sweet Zucchini-Ricotta Pancakes with Raisins and Walnuts, p. 65
4. Smoky Baby Portobello Sliders, p. 42
5. Blackberry, Jicama, and Apple Salad, p. 68

**Send your letters to: editor@vegetariantimes.com**

## CAN'T WE ALL GET ALONG?

I began reading the May/June issue on the way to work this morning and was bothered by the letter from Susan Fleming ("More Food for Thought," p. 12), who was concerned about the increasing amount of vegan recipes in *VT*. I've been a longtime reader and vegetarian, and now a vegan for some time. In New York City, there are loads of vegetarian restaurants that are, in fact, vegan. I feel that most vegetarians have followed the "times" and are striving to become vegan, because of the negative impact that dairy and egg farming has on animals, the environment, and human health. That said, I have no problem adapting recipes to fit within my morals, but I encourage more vegan recipes, as well as the increasing amount of attention your magazine has shown to vegans over the years.

DESIREE ECKERT | NEW YORK

I'm writing in response to the letter in the May/June issue about the increasing number of vegan recipes in the magazine. This didn't make much sense to me. The letter writer was upset about the disappearance of vegetarian recipes, but vegan recipes are vegetarian! People all along the veg spectrum (and meat eaters too!) can enjoy vegan recipes, but we vegans are left empty-handed when so many of the


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recipes contain dairy, etc. I'm not saying that *VT* should get heavy-handed with promoting veganism, but I do think it's wonderful to move toward more vegan recipes—recipes that everyone, regardless of level of vegetarianism, can enjoy.

LIZ ASPHODEL | VIA E-MAIL

I have to completely agree with Susan Fleming's letter. I am a vegetarian, and I really like my cheese, dairy, and eggs. Lately, I am getting a little frustrated that the majority of your recipes are vegan. For example, I tried to find a nice cookie recipe. Almost all the ones I found were vegan. Um, I like to use milk, butter, and eggs in my baking, and so do a lot of other vegetarians. I'm not against veganism in any way, and I do appreciate the fact that you provide resources for vegans and people with gluten intolerance. But how about making the recipes vegetarian and giving vegan substitutions, instead of making the recipes vegan and leaving me to figure out how to use milk, butter, and cheese in them?

CAIT REYNOLDS | VIA E-MAIL

Considering they are not meat eaters, some of your readers sure are cranky. "No Cheers for Beer?" Too many vegan recipes? Issues of guilt concerning dairy? (Letters, p. 10). I offer them two solutions: 1) Publish your own magazine with only the recipes and articles you approve of; 2) Rather than waste energy complaining, use it to modify the recipes to suit your particular taste and lifestyle. A little imagination can take a dish from vegetarian to vegan, and it's even easier to go from vegan to vegetarian. As for the beer, 96 percent of the general population could easily fit it into a healthy, spiritual, vegetarian lifestyle if they chose to do so. If you are among the 4 percent who can't, then broth, fruit juice, or nonalcoholic beer can be substituted in just about any recipe with wonderful results. I have even added (GASP) meat to the recipes to satisfy the carnivores in my family.

We need to remind ourselves that life would be very boring if we were all the same. Thanks for the great job of providing something for everyone!

LISA K. HATFIELD | VIA E-MAIL



Get 100-plus cookie recipes (vegan and veg), including these buttery Pistachio-Cherry Sandwich Cookies, at vegetariantimes.com.

## E-RECIPES

I have been a subscriber to *VT* since 1990, and will continue to subscribe until I'm too old and feeble to cook. I'm just writing to say how much I like the new (at least for me) e-mails you've been sending, especially the recipes that I can print. Please keep sending them.

JOEL HOFSLUND | VIA E-MAIL, OF COURSE

**Editor's Note:** Visit vegetariantimes .com and click on the Newsletters tab to sign up for weekly *VT* e-recipes.

**For the record:** Our May/June Q&A with ethanol-fueled IndyCar driver Leilani Münter contained a misquote. Münter said that while NASCAR is looking at ways to green the sport, it hasn't in fact announced plans to switch to an alternative fuel.

## SHARE: Reader Recipe

### Tortellini Veggie Fest

SERVES 6 | 30 MINUTES OR FEWER

Deb Barley of Elizabethtown, Pa., loves creating healthful new recipes with the fresh summer produce from her organic garden.

- 1 16-oz. pkg. refrigerated prepared cheese tortellini
- 2 Tbs. olive oil
- 4 green onions, white and light green parts chopped (½ cup)
- 2 large cloves garlic, minced (2 tsp.)
- 2 carrots, chopped (1 cup)
- 5 button mushrooms, sliced (1 cup)
- 1 7-oz. bag baby spinach
- ¼ cup white wine
- 1 pt. cherry or grape tomatoes, halved
- 1 15-oz. can cannellini beans, rinsed and drained
- ¼ tsp. Italian seasoning
- ¼ cup grated Pecorino Romano cheese, optional

1. Cook tortellini according to package directions. Drain, and set aside.
2. Heat oil in large saucepan over medium heat. Add green onions and garlic, and sauté 2 minutes. Add carrots and mushrooms, and cook 3 minutes more. Stir in spinach and wine, and cook 2 to 3 minutes, or until spinach wilts.
3. Stir in tomatoes, beans, and Italian seasoning, and cook 3 to 4 minutes, or until heated through. Fold in tortellini. Divide among serving plates, and top with grated Pecorino Romano cheese, if using.

PER 1-CUP SERVING: 365 CAL; 15 G PROT; 10 G TOTAL FAT (3 G SAT FAT); 54 G CARB; 32 MG CHOL; 443 MG SOD; 7 G FIBER; 4 G SUGARS

# tell *vt*

## What's your favorite thirst quencher on a hot summer day?

Fresh watermelon juice on ice, with a mint sprig and small lemon wedge. I first had this drink in Costa Rica a few years ago, and have been addicted ever since. —ANNE

Nothing's more satisfying than a fruity smoothie straight from the blender! —SOCH

I call it a virgin mojito. Crush some mint and/or lemon verbena leaves in the bottom of a tall glass, add half a lime or lemon, drop in a few ice cubes, and pour seltzer over all. It's my favorite sittin'-on-the-deck drink! —LOLA

Homemade iced green tea mixed with 50 percent natural lime soda. Very refreshing for times when you want something more festive than water. —MARIE

A nice cold beer, after some water, of course. Make sure the beer is vegetarian, though! My favorite widely available veg beer is Grolsch. —CASSIE

A cool, homemade elderflower cordial with a squeeze of fresh lemon. Paired with a hammock and shady tree, it's bliss! —NANCY

My mom made rosemary lemonade that was to die for. I should get the recipe. —RUBY

My favorite thirst quencher is Tropical Tea: iced tea mixed with pineapple-orange juice. I drink this in an iced tea glass with mint. —MARIA

You can talk about all of those fancy drinks, but when it comes down to it, water always hits the spot! —BETH

## next question:

### What's your all-time favorite *Vegetarian Times* recipe?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.

# THIS. JUST. IN.

EDITED BY Amy Spitalnick ILLUSTRATION Yunmee Kyong

Need-to-know info about your health, diet, mind, body, and the world you live in



## warm-fuzzy getaways

**On lush pastures** and sprawling fields across the country, rescued sheep, pigs, goats, and chickens are getting a new lease on life as residents of farm animal sanctuaries. But they're not the only ones soaking up the serenity of their surroundings. "We like to say that our farm isn't just a sanctuary for animals, but for people too," says Jenny Brown, cofounder and director of Woodstock Farm Animal Sanctuary in New York. So, for a summer getaway, why not visit a sanctuary, or volunteer for a few hours? Just check visitor/volunteer policies in advance, and give the staff a few days' notice before stopping by. Find sanctuaries nationwide at farmanimalshelters .org, or consult our coast-to-coast guide.

**Farm Sanctuary,** Watkins Glen, N.Y., and Orland, Calif.
One of the oldest farm animal protection programs in the country runs two sanctuaries, each outfitted with an educational visitor center and quaint B&B. Guests are treated to a vegan breakfast and tour of the farm.
*farmsanctuary.org*

**Kindred Spirits Sanctuary,** Ocala, Fla.
At this 36-acre family-run refuge, volunteers might clean stalls and groom the residents in between giving them belly rubs and back scratches.
*kindredspiritssanctuary.org*

**Peaceful Prairie Sanctuary,** Deer Trail, Colo.
Take a weekend tour or donate time at this haven. You might just find a goat nibbling at your shorts while you're painting a barn.
*peacefulprairie.org*

**SASHA Farm,** Manchester, Mich.
Meet the sanctuary's whimsically named residents—including a sheep called Bette (after the actress Bette Davis)—or maybe help out with one of the pedicure parties held for the goats a few times a year.
*sashafarm.org*

**Woodstock Farm Animal Sanctuary,** Woodstock, N.Y.
Visitors enjoy an educational tour and plenty of time with the residents. Consider signing up for one of the sanctuary's monthly farm project days that conclude with a vegan potluck.
*woodstocksanctuary.org*

—EMILY HORTON

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But forty is when we begin to realize that the spring and summer of youth are over. We start to look for signs of the coming autumn. We search for that occasional grey hair. We wonder if that really is a little bulge beginning in our stomach and we weigh ourselves more often. Every rocket has its trajectory. It shoots upwards with limitless power, reaches an apex – hangs for a while and begins to decline.

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### WHAT ABOUT OUR IMMUNE SYSTEM?

The air we breathe, the water we drink, the food we eat and the things we touch all contain untold billions of micro-organisms, viruses, pollutants, toxins and carcinogens – many of them potentially lethal. Yet most of us lead relatively healthy lives. The fact is that we have an astonishingly effective natural defense – our ***immune system***. However, like the rest of the body, the ***immune system*** deteriorates with age making it more susceptible to infections and degenerative diseases such as cancer, arthritis and so-called "old age" ailments. The current **AIDS** epidemic has made us realize that, if the ***immune system*** totally collapses, death is inevitable.

The control of the ***immune system*** lies in the thymus gland. The enzymes it produces govern the production of white blood cells known as "T" cells – the real fighters of the defense system. There are three types of "T" cells:- ***"Killer cells"*** that attack and destroy foreign organisms and cancer cells; ***"Helper cells"*** that aid in the production of antibodies and ***"Suppressor cells"*** that prevent the immune system from attacking one's own tissue.

Other danger areas, as we grow older, are the ***intestinal tract*** and the ***colon***. Here, nutrients are absorbed, vitamins manufactured and poisons dumped for disposal. The health of the body depends on the proper functioning of the intestines. A smooth flow must be maintained and a flora of ***"friendly" bacteria*** must remain present. Each portion of ***OVER 40***™ supplies a million or more units of the important bacteria ***"acidophilus"*** – the active ingredient in yogurt.

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***www.lewislabs.net***

to request a free taste sample.






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## Business as Usual?



Peeling away the packaging of products sold to us by agribusiness, *Food Inc.* reveals an unappetizing reality. The documentary spotlights not only the stranglehold that factory farming has on food production, but also the sucker punch it delivers to the welfare of workers as well as consumers. Outrage over the casual brutality inflicted on livestock—shown unsparingly—is mostly directed toward how laborers caught up in the mind-numbing slaughter are dehumanized. Still, veg viewers sensitive to the animals' suffering have plenty to glean from *Food Inc.*—including the fact that more than 90 percent of the U.S. soybean crop contains a gene patented by former DDT manufacturer Monsanto. Once you leave the theater, you'll no longer be in the dark about what you might just have eaten. *Check your local theater listings, or visit takepart.com/foodinc.*

FOOD INC. COURTESY MAGNOLIA PICTURES

## We Don't Need No Stinkin' Fish Oil

An omega-3 produced from algae significantly reduced concentrations of inflammatory markers in men at high risk of cardiovascular disease, reported a study in *The Journal of Nutrition*. The veg-derived DHA decreased amounts of C-reactive protein by 15 percent—rivaling the results of statin drugs—along with several other harbingers of heart attack and stroke. Study subjects took life'sDHA supplements containing 3 grams of DHA daily; lead author Darshan S. Kelley, PhD, says 1 gram of DHA a day is plenty for limiting risk of cardiovascular disease in healthy individuals.



## Hot Click!

**nrdc.org/greenliving**

Looking for down-to-earth advice on greening your life? This new site draws on the expertise of the Natural Resources Defense Council, one of the nation's savviest environmental groups, to guide you in a lifestyle that preserves your health along with the planet's. We salute it as a one-stop resource that's easy to navigate.



## e-Waste, Deleted

Crafted from 100 percent e-waste, TerraCycle Urban Art Pots give new life to old computers and fax machines. "E-waste is a huge issue with stuff becoming obsolete so quickly," says TerraCycle spokesman George Chevalier. "We address that problem with these pots, while giving local [graffiti] artists a legal place to do their art." Each hand-painted 8-inch pot is unique. $10; terracycle.net. —GABRIELLE HARRADINE

## [Q&A] RIDING A WAVE

Yale graduate and professional surfer Esther Hahn continues to challenge herself. When the 23-year-old vegan, who began competing at age 14, retires from the surfing circuit, she plans to test the waters of bakery ownership.

**Q: What's it like being a professional surfer?**

**A:** It varies from sponsor to sponsor, but usually includes modeling, traveling for competitions, and visiting surf scenes so the locals can try out your [sponsor-provided] board.

**Q: You've recently been to Indonesia, Barbados, and the Maldives. Do you find it hard to eat vegan in foreign locales?**

**A:** It can be. But tropical places offer so many great fruits and vegetables, it's not usually an issue. Sometimes my plate is so colorful, other surfers say they'd rather have my meal.

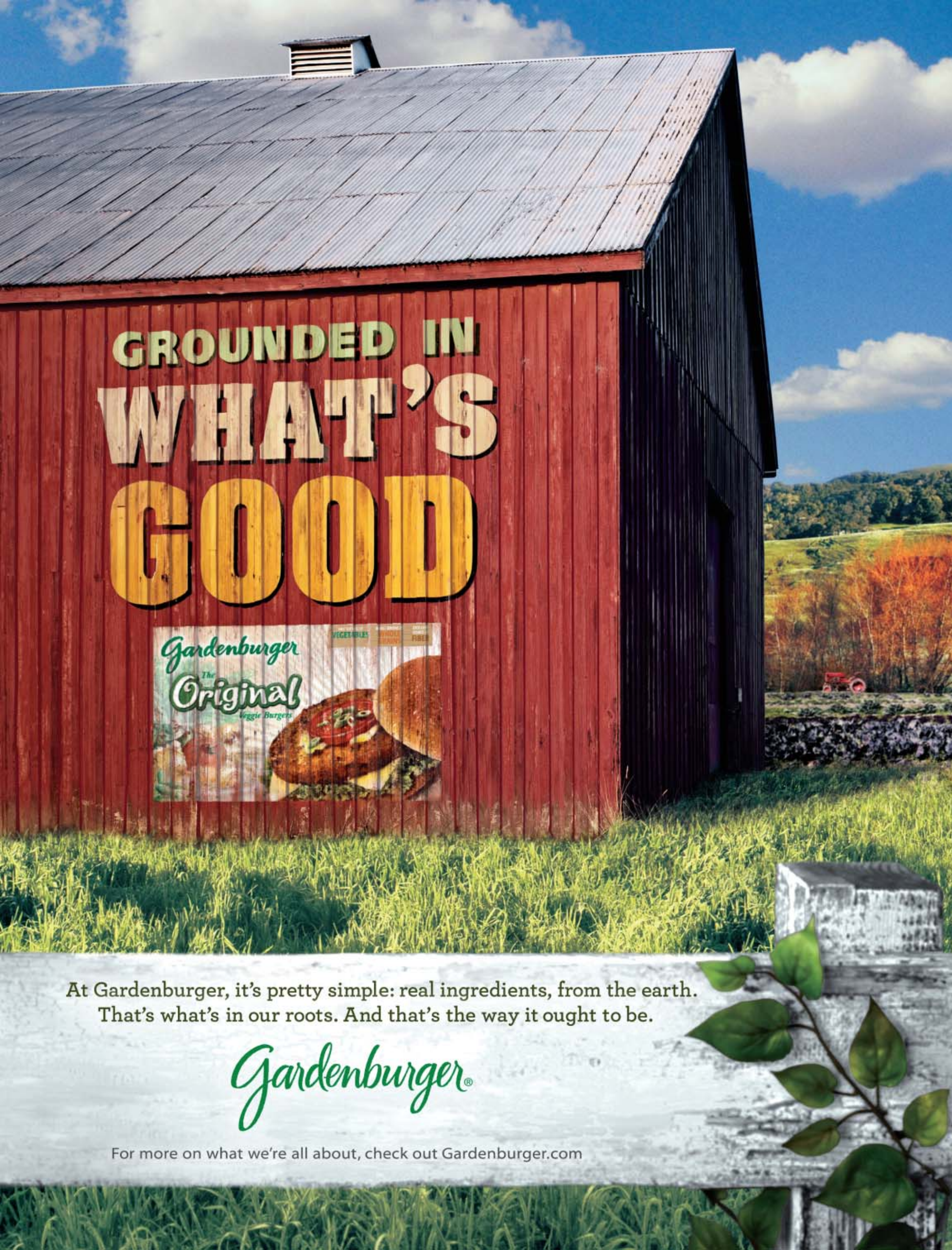
**Q: Why a bakery?**

**A:** I really love to bake! I have this great vegan cupcake recipe I've been perfecting that I'd love to share with your readers. —G.H.

*Visit vegetariantimes.com/vegancupcakes to give Esther's recipe a try.*



COURTESY ESTHER HAHN


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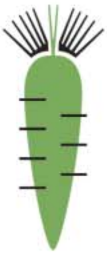
# carrot & stick

## Who walks the walk, who's nothing but talk

### CARROT TO

**Gainesville, Fla.,** for becoming the first U.S. city to adopt a feed-in-tariff program to promote green power. Under FIT, solar panel owners sell the electricity they generate back to the grid at a fixed, above-market price—in this case, 32 cents per kilowatt-hour—guaranteed for the next 20 years.

As an incentive program, FIT offers a much higher payout than the net-metering system commonly adopted in the United States, in which solar panel owners sell surplus electricity to the grid. With FIT, owners sell all their solar-generated energy at a premium price. Spread across all grid users, the increase for each customer to cover FIT costs is nominal. Gainesville Regional Utilities estimates that utility bills will increase less than a dollar per month, and so far no one is squawking. According to a 2008 survey, a majority of GRU customers judged access to solar power worth the minimal bump in their monthly bill. In fact, as of March 1, GRU had received enough applications to cover FIT's allotted power capacity (4 megawatts per year) for 2009 and 2010.



### STICK TO



**The Great British Circus,** for reintroducing elephants to its show after more than a decade pachyderm-free. The debut of Sonja, Delhi, and Vana Mana in Nottinghamshire, England, in February kicked off GBC's eight-month tour—and a firestorm of protest by animal rights groups. "It is deeply frustrating to know that animal welfare legislation in this country does not extend to circuses, which compromise the welfare of the animals so seriously," says Lis Key of International Animal Rescue. IAR has partnered in its protests with the Captive Animals' Protection Society, a U.K. organization dedicated to banning the use of wild animals in circuses.

GBC imported the elephants after a 2007 U.K. government report finding that "there appears to be little evidence to demonstrate that the welfare of animals kept in travelling circuses is any better or worse than that of animals kept in other captive environments." In its rush to book the elephants, GBC apparently breezed by the report's additional finding that "the present situation is acting against the interests of the animals involved." —RACHEL DOWD

[EDITORS' PICKS]

## Just the Ticket

**How will you dine out veg in Ghana? Keep groomed on the go with minimal fuss? Venturing far and away or just staying the night, try these travel essentials.**




You'll feast on animal-free meals throughout your global trek with the **Vegan Passport.** It features a list translated in 56 languages specifying what vegans do and don't eat. Just turn to the relevant page when ordering. $7; vegetarianguides.co.uk

Zip your belongings securely into the **Blue Q Woodland Overnighter,** and you'll travel with a light footprint: remarkably durable, it's created from recycled plastic bottles and grain sacks. Plus, a percentage of profits aids The Nature Conservancy. $18; blueq.com

Freshen up fast with **Blum Naturals cleansing towelettes.** Paraben-free and infused with exfoliating fruit sugars and nourishing antioxidants, they're tucked inside recycled packaging. $6.99; blumnaturals.com

The ultimate reusable towel, the **PackTowl Personal** folds up so it can fit compactly in your pocket. Soft-to-the-touch and odor-resistant, it's also quick-drying. Choose from green or blue (shown). $12.95/medium; msrgear.com

## NATURAL Rx

**PROBLEM: Insect bites**
**SOLUTION: Echinacea**

**THE SCOOP:** You may think echinacea is only for treating the sniffles, but the herb can also help ease the sting of insect bites. A member of the daisy family, it has potent anti-inflammatory and antibacterial phytochemicals to help fight infection and heal wounds, says New York–based naturopath Peter Bongiorno, ND.

**WHAT TO LOOK FOR:** A tincture containing the pure root and herb. Two to three times a day, dab the liquid onto the cleaned wound.

**TRY:** A.Vogel Echinaforce Liquid, $18.99/1.7 oz. (bioforceusa.com); Gaia Herbs Echinacea Supreme, $11.59/1 oz. (gaiaherbs.com)




—MEGAN MATTES



Shield your locks from blasts of the summer sun with naturally UV-blocking **Save Your Hair,** the newest line of organic treats from Save Your World. Spelled out in its motto—1 Product = 1 Acre of Rainforest Saved for 1 Year—Save Your World invites consumers to "do something tangible toward saving some of the last remaining pristine habitats in the world," says company founder and president Scott Cecil. Available in Oasis Fruit, Regal Blossom, or Rainforest. $9.98/8 oz. (shampoo), $12.98/8 oz. (conditioner); saveyourworld.com

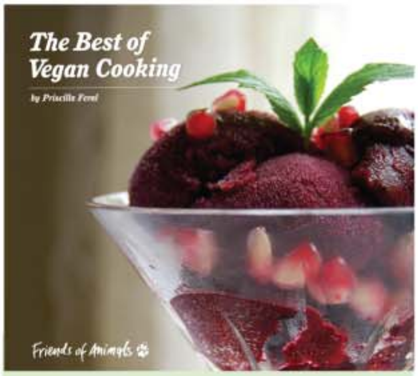
## Sustainable Beauty

### What we're eating too much of this month

Even the most ardent dairy lovers on staff snatched up Turtle Mountain's "ice creamy" **So Delicious Coconut Almond Minis**—swooning over the combo of a luscious coconut milk and agave-sweetened center with a rich chocolate and crunchy almond coating. $4.49/box of 4; turtlemountain.com




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## 84 Reasons to Eat Vegan

*The Best of Vegan Cooking* isn't just animal friendly because of its cruelty-free recipes—the proceeds help support the nonprofit advocacy organization Friends of Animals and the San Antonio–based animal sanctuary Primarily Primates. FOA president Priscilla Feral selected the book's 84 recipes (she developed some too), many from celebrated chefs. Recipes range from the deliciously simple to the sumptuously complex. —G.H.

[TASTE TEST]

**SNAP!** No picnic is complete without an accompanying chip, but why not make a less-calorie-and-fat-laden choice so you can save up for dessert? Our five winners get points not only for scrumptiousness, but also for being better for your waistline than your average chip. —G.H.

| | WINNING CATEGORY/CHIP | CRISP COMMENTS | SHOPPING INFO |
|---|---|---|---|
|  | Most Flavorful: **Corazonas Baja Bean Dip Tortilla Chips** | A spicy, zesty powerhouse. | $3.49/7 oz.; corazonas.com |
|  | Most Crunchy: **Genisoy Soy Crisps Rich Cheddar Cheese** | Terrific texture meets cheesy goodness. | $2.69/3.85 oz.; genisoy.com |
|  | Most Like the Real Thing: **Kettle Baked Potato Chips Salt & Fresh Ground Pepper** | You'd never guess they're baked. | $3.49/4 oz.; kettlefoods.com |
|  | Most Colorful: **O Organics Blue Corn Tortilla Chips with Flax** | Perfect accompaniment for a bean dip or salsa. Plus, we love the added flax. | $2.50/10 oz.; shop.safeway.com |
|  | Most Guilt-Free: **Salba Smart Baked Bold Bar-B-Que Potato Crisps** | Crispy, delectable—and just 3 grams of fat per serving. | $3.29/5 oz.; salbasmart.com |

## ask a chef?

**Devra Gartenstein runs the Patty Pan Grill, a vegetarian farmers' market concession in Seattle. Gartenstein is also the author of *The Accidental Vegan* and *Local Bounty: Seasonal Vegan Recipes*. We asked her how best to store fresh produce from farmers' markets without worsening the plague of plastic bags.**

Toss items like zucchini or potatoes directly into a cloth or recycled fabric grocery bag. Place tomatoes in the bag gently, and don't put anything heavy on top of them. Some farmers' market vendors offer biodegradable bags, which you can use for smaller items, like cherries or cherry tomatoes. But use as few as possible and reuse them often, since they do take energy to produce.

After you get the produce home, you can store most items loose in your refrigerator's vegetable drawer. But you'll need to store leafy greens in plastic or biodegradable bags or in plastic or glass containers in the fridge, since they tend to wilt. Keep root vegetables, such as potatoes, yams, and onions, as well as tomatoes and most fruits—except melons, which you'll want to refrigerate—out on the kitchen counter.

Once fruit ripens, store it in a bowl in the fridge. As soon as you discover any rotten fruit, be sure to remove and compost it, since it can cause produce near it to turn as well.



**Devra Gartenstein of Seattle's Patty Pan Grill, with a menu based on seasonal ingredients.**

COURTESY PATTY PAN GRILL


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BY Gabrielle Harradine

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

# AMERICAN BEAUTIES

## Handmade in the U.S.A., these timeless pieces make perfect summer wedding gifts

1. **MELLOW YELLOW** Mary Anne Davis's fine porcelain is delicately divine. $66/dinner plate; $36/cake plate; $26/saucer; $48/udon bowl; davistudio.com

2. **BOWLED OVER** As functional as they are beautiful, Steve Stewart Oribe Green fluted bowls are perfect for rice, veggies, or tea. $60/each; stevestewartceramics.com

3. **NOT-SO-BASIC BLACK** The sleek Barre Serving Platter from the Simon Pearce Studio Collection will class up any table. $135; simonpearce.com

**win!** Register at vegetariantimes.com/sweeps for a chance to win Mary Anne Davis's dishes or Heath Ceramics's mugs.




4. **SPOUTING PLEASURE** Artist Lauren Sandler crafts each pitcher by hand in her Philadelphia studio. $110; theclaystudio.org

GOOD GUY!

5. **I'LL DRINK TO THAT** Heath Ceramics saves energy by firing its pottery only once (twice is typical) at a lower temperature. Studio Mugs in Peridot/Linen, Moonstone, and Aqua/Matte Brown. $27.50/each; heathceramics.com


Back to Basics? We Never Left!
It's a bit old fashioned, but for decades I've been creating wholesome and delicious whole grain products following the same process honed over millennia - stone milling. It imparts a delicious flavor and preserves all of the nutrients in the grains we mill. I believe there's no better way of creating the hundreds of Bob's Red Mill products available on grocery store shelves throughout the country. And I hope you agree.
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10 GRAIN PANCAKE & WAFFLE MIX
MADE IN THE U.S.A.

BY Elizabeth Barker




# PARADISE

## Refresh summer skin with these tropical delights

**Their lush, juicy sweetness** may be among summer's most delectable pleasures, but tropical fruits aren't just a culinary treat. "Pineapple and papaya are both full of naturally exfoliating enzymes that can renew your complexion, and mango's super-hydrating and great for refining skin texture," says Jessica Shea, spa director at the Grand Hyatt Kaua'i in Poipu, Hawaii. "Coconut oil is deeply moisturizing and helps prevent skin from drying and flaking."

You'll find these treasures from the tropics as soothing to your skin as an island getaway may be for your soul.

1. Rich with organic coconut oil, velvety **Home Health Goji Berry Hand & Body Lotion** absorbs quickly to hydrate and protect. $12.99/8 oz.; homehealthus.com

2. To nourish your skin as you shed dead cells, **Zia Natural Skincare Fresh Papaya Enzyme Mask** blends organic papaya with honey and vitamin E. $24.95/1 oz.; zianatural.com

3. Molded from mango seed fat and cocoa butter, **Malie Kauai Mango Butter Cup** melts into a luxurious moisturizer when held under warm water. No need to lotion up once you step from the shower. $25/4 oz.; malie.com

4. **Jason Mango Satin Shower Body Wash** sweetens your scrubbing with its honey-like texture and deliciously fragranced extracts of skin-smoothing mango and papaya. $8.54/12 oz.; amazon.com

5. Amping up your summer glow, the papaya and pineapple in **Pevonia Botanica De-Aging Saltmousse** slough away dry spots and leave skin luminous. $32/6.8 oz.; dermstore.com

6. The pineapple in **Dr.Hauschka Daily Revitalizing Eye Cream** helps lessen fine lines, while mango restores moisture. $51.95/0.38 oz.; drhauschka.com

*Los Angeles–based writer Elizabeth Barker likes her mango smothered with hot sauce.*

PHOTOGRAPHY: MIKE LORRIG; PROP STYLING: ANDREA KRAUS

**DIY** **To create your own tropical treatment, spa director Jessica Shea suggests mixing 2 tablespoons of mashed mango with ½ cup of finely ground oatmeal, ¼ cup coconut oil, and ¼ cup extra virgin olive oil. Scrub head to toe, then rinse off in the shower.**

# the world's **largest** collection of **vegetarian** recipes






















## Top 5 Things to Do on VegetarianTimes.com

- Search more than 10,000 recipes.
- Check out the VT Editor's Blog.
- Read this month's top 5 stories chosen by our editors.
- Get two free trial issues of the magazine plus a free gift!
- Tell *VT*: Respond to our question of the month for a chance to be published in the next issue of the magazine.


















**1.** Vegetarian Gumbo **2.** Nigiri Sushi with Avocado, Cucumber, and Shiso Leaves **3.** Jasmine Risotto Spring Rolls with Vanilla Dipping Sauce **4.** Orange-Chipotle Glazed Tofu **5.** Burst-of-Spring Spinach Salad **6.** Vegetables Wellington **7.** Quinoa Salad with Orange-Cumin Vinaigrette **8.** Raclette-Topped Broiled Tomatoes **9.** Updated Irish Stew **10.** Honey-Goat Cheese Phyllo Triangles **11.** Mini Pumpkin-Sage Balls **12.** Vegetarian Pho **13.** Herbed Ricotta Cheese Toasts **14.** White Bean and Kale Soup **15.** Lemon-Rosemary Butter Cookies **16.** Chili Con Tempeh **17.** Oranges Givrées **18.** Radicchio, Radish, and Fennel salad

# vegetariantimes.com

BY Neal Barnard, MD

# the hydration myth

## Are you thirsty for the truth?

**Q: People say you need eight glasses of water per day, but I'm having trouble keeping up. Do I really need to drink that much water?**

**A:** Water is important—it makes up 50 to 70 percent of your body. Without it, the blood vessels that carry oxygen and nutrients from place to place would shrivel up like dry riverbeds. Your kidneys could not eliminate wastes, and you couldn't regulate your body temperature.

If you were to add up all the water your body loses each day—as perspiration, urine, exhaled moisture, etc.—it would be somewhere between 1 and 3 liters—that's the equivalent of losing between four and 13 8-ounce glasses of water every day. To stay well hydrated, the U.S. government estimates that women need 2.7 liters (11 glasses) of water and men need 3.7 liters (16 glasses) each day.

Sound like a lot? Here's why: The water your body needs does not have to come in glass after glass of drinking water. In fact, if you're trying to put away eight glasses of water a day, you're probably getting more than necessary.

This is because you get much of the water you need through the foods you eat. A morning bowl of oatmeal brings you the roughly 8 ounces of water used to cook it, even before you splash anything on top. A cup of soup at lunch delivers another 8 ounces of water. A serving of broccoli, spinach, or similar vegetable contains about 5 more ounces, as does a cup of rice.

Other foods are not much help. An egg brings you only about 1 ounce of water, and a slice of pizza delivers less than 2 ounces. If you snack on an apple or pear, you gain about 5 ounces of water, but snacking on a bag of potato chips gets you virtually none.

Some health writers have encouraged us to drink eight glasses of water daily *over and above* the water in our foods.



PHOTOGRAPHY & STYLING Jen Gotch

In 2002, Dartmouth College researcher Heinz Valtin, MD, tried to track down a source for this eight-glasses-a-day recommendation. Not only was he unable to find its source, he could not find any evidence supporting it. University of Pennsylvania researchers Dan Negoianu, MD, and Stanley Goldfarb, MD, went on a similar quest in 2008. They concluded that drinking extra water does not help the body eliminate toxins, lose weight, improve the skin, or relieve constipation, and that the eight-glasses-a-day notion is a well-intentioned myth.

**Q: How can I tell if I'm dehydrated?**

**A:** Thirst is a good indicator, except during exercise. Some people have suggested that thirst is not a good guide, and that by the time you feel thirsty, you're already dehydrated. Not true. Thirst sets in when your hydration status is still within normal boundaries, well before you reach dehydration. So if you are thirsty, drink. Other indicators are darkly colored urine, dry mouth, and morning headaches.

Now, having extra water can help prevent kidney stones and urinary tract infections. Even so, don't overdo it. An extra glass or two a day beyond your normal intake is more than enough to keep you well hydrated. If you were to massively overdo it with water, you could develop hyponatremia—a very low level of sodium in the bloodstream. Because sodium is needed for maintaining brain and heart function, people who drink far too much water can run into serious problems.

**Q: What about caffeine and alcohol in beverages? Do they contribute to dehydration?**

**A:** Very little. Both have a slight, temporary diuretic effect, but overall, the water in these beverages compensates for any increased urine output they cause.

What can cause dehydration is intestinal illness. It's no surprise that diarrhea leads to significant water loss. An even more common—and rapid—cause is exercise. When you are active, you need more water to make up for losses in perspiration. The American College of Sports Medicine recommends being sure you're adequately hydrated at least four hours before you start exercising. Then, have about ½ to 1 cup of water every 20 minutes during exercise. If you've lost enough water to show up as weight loss during your exercise, drink 2 to 3 cups of fluid for every pound lost.

*Neal D. Barnard, MD, lives in Washington, D.C., and is never far from the water cooler.*

BY Jack Challem

# aloe

## The beneficial properties of this medicinal plant go more than skin deep

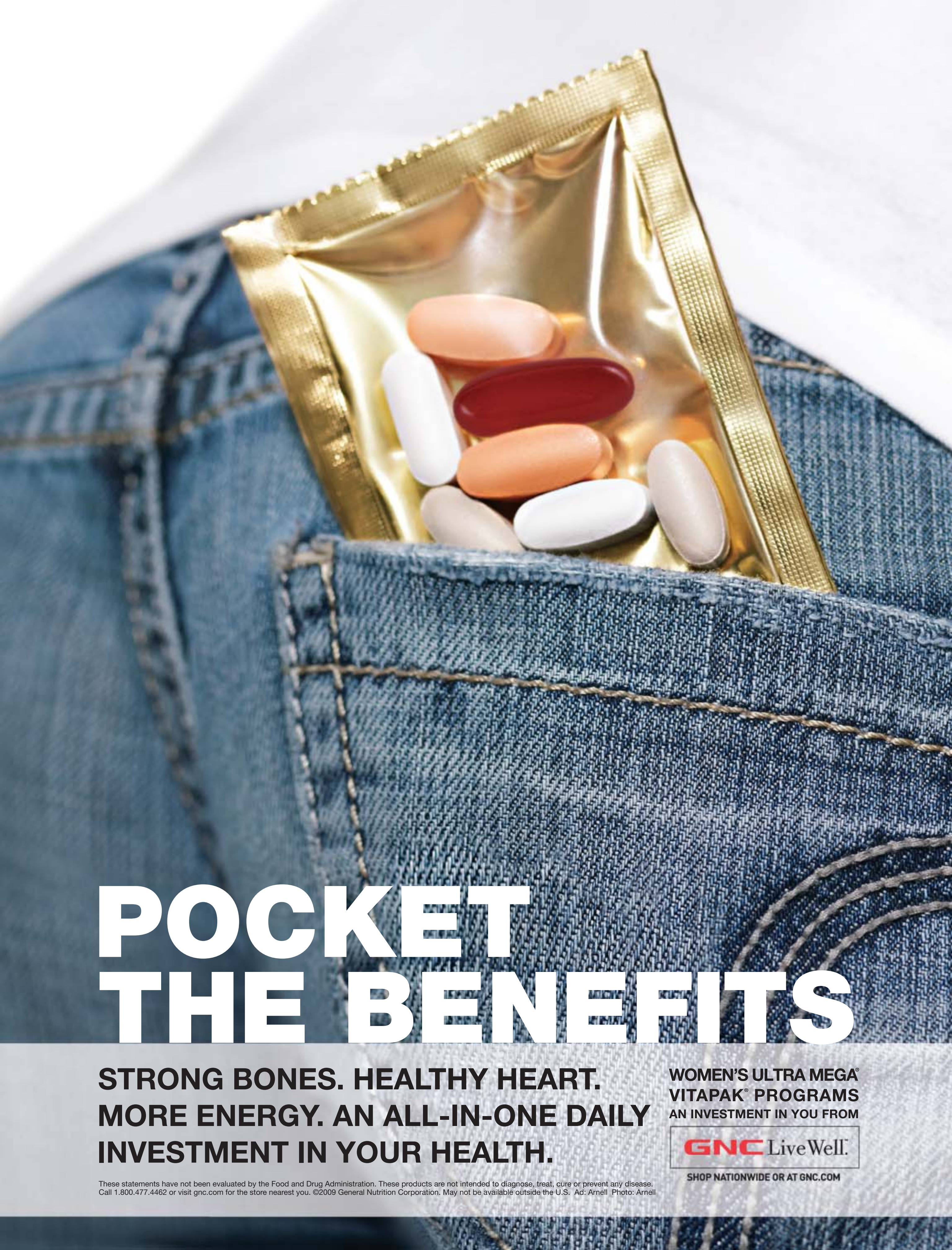


**If you've ever squeezed** the gel from an aloe vera leaf onto a burn or bought a cosmetic with aloe as one of the main ingredients, then you've experienced the topical benefits of this common house and garden plant. Turns out, aloe's healing properties extend to internal ailments as well. Aloe gel and juice, both derived from the fleshy pulp inside aloe vera leaves, can aid people with digestive disorders and type 2 diabetes, and may help boost the immune system.

Mark Stengler, ND, coauthor of *Prescription for Drug Alternatives*, has found that aloe juice helps patients with gastric reflux, ulcerative colitis, Crohn's disease, and chronic indigestion and constipation. "Aloe juice is a simple, effective, and inexpensive remedy," he says.

Stengler describes the case of a 60-year-old patient—a woman with a six-month history of gastritis (stomach inflammation) and constipation. The burning pain in her stomach made it difficult for her to fall asleep, and her primary care physician recommended an acid-blocking drug, which she was reluctant to take. "I asked her to take 2 ounces of aloe juice before each meal, and within two days she had a 50 percent reduction in pain," Stengler says.

PHOTOGRAPHY Mike Lorrig PROP STYLING Andrea Kraus


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"After two weeks, her stomach pain went away completely, and her bowel movements became regular. After a month, she was able to reduce the amount of aloe juice to 2 ounces daily to prevent any recurrences."

In an analysis of 10 human studies, Edzard Ernst, MD, PhD, of the University of Exeter in England, noted that 2 tablespoons of aloe gel daily lowered blood sugar levels by 44 percent after about a month and a half.

But just what makes aloe juice work? It contains 75 active ingredients, though researchers attribute most of the health benefits to a handful of complex carbohydrates, particularly mannans and pectins, according to Josias Hamman, a professor of pharmaceutical sciences at Tshwane University of Technology in South Africa. In a recent article in the journal *Molecules*, Hamman wrote that aloe's benefits most likely come from the synergism of its many natural chemical constituents, not any single one.

Aloe contains small amounts of digestive enzymes, such as amylase and lipase; antioxidants, including vitamins C and E, catalase, and superoxide dismutase; B vitamins; chromium; magnesium; and all eight essential amino acids. It also contains salicylic acid, a natural form of aspirin, and beta-sitosterol, a compound that may help lower cholesterol levels. One other important benefit: aloe seems to increase the absorption of what you consume with it, whether medications or vitamins.

If you are put off by the sour, slightly unripe flavor of aloe juice, add a splash of fruit juice, stir in a squeeze of lemon and a spoonful of honey the way they do in China, or raise a glass of Pineapple-Aloe Cocktail to your health twice a day.

## Pineapple-Aloe Cocktail

SERVES 1 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

Given aloe's ability to enhance nutrient absorption, we packed this potion with antioxidant-rich cranberry juice. Pineapple juice helps tame aloe's naturally sour flavor and cranberry juice's tartness.

½ cup pineapple juice
¼ to ½ cup aloe vera juice
2 Tbs. unsweetened cranberry juice
1 Tbs. agave nectar or honey, optional
Lime wedge, for garnish

Combine all ingredients in small pitcher. Pour over ice, and serve with lime.

PER 1-CUP SERVING: 114 CAL; 1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 27 G CARB; 0 MG CHOL; 30 MG SOD; <1 G FIBER; 16 G SUGARS

*Jack Challem is a personal nutrition coach and the author of* Stop Prediabetes Now. *He lives in Tucson, Ariz., where aloe vera plants thrive in the desert sun.*

## Supplement Savvy

- **How to take it:** One tablespoon of aloe juice taken twice daily is the dosage used in blood sugar studies, but Mark Stengler, ND, recommends taking 2 to 4 ounces (¼ to ½ cup) before each meal for digestive and immune support and to help improve blood sugar levels. Check product labels for water content, and look for pure, undiluted juice.

- **Safety:** If you have diabetes or hypoglycemia, use caution and check with your doctor before trying aloe vera juice, since it has blood sugar–lowering properties. People with garlic or onion allergies may be allergic to aloe. Also, consuming aloe juice may cause stomach cramps and diarrhea. The juice and gel tend to be much gentler than aloe products in capsule and tablet form, which often deliver strong diuretic doses of aloe latex.

BY Ryan Ritchie



# one-on-one with Dan Piraro

Advocating for animals is big on this artist's plate

**As if creating** his daily comic strip, "Bizarro," which runs in 350 newspapers nationwide, didn't keep him busy enough, Dan Piraro blogs regularly (bizarro comic.blogspot.com), sits on the board for the Woodstock Farm Animal Sanctuary in New York [see "Warm-Fuzzy Getaways," p. 14], and fosters "everything from cats and dogs to chickens, roosters, geese, a raccoon, a sea gull, a lamb, a goat, and a calf." He also recently published a collection, *Bizarro Buccaneers: Nuttin' But Pirate Cartoons.*

A vegan for six years, Piraro, 50, incorporates animal rights issues into his work in hopes his readers pause long enough to think about the message behind the joke.

**Q How do you produce a daily comic?**

**A** Like anything else, the more you practice, the better you get. I like to surf the Web and look at various images and articles until stuff starts to occur to me. On an average day, I get one or two ideas. About once a week I'll have a great day and get four or five ideas. Once I get an idea, I write it down: I don't go into much detail; I just jot down words and scribble some drawings to remind me of what I was thinking. Then I go back and turn it all into a real cartoon. Drawing a cartoon a day is not that hard—thinking of a cartoon a day for 23 years is the trick.

COURTESY DAN PIRARO

"**When I first went vegan,** I was not a big fan of vegetables in general, but giving up fatty fried foods changed my palate."

**Q Was it difficult going from omnivore to vegan without being a vegetarian first?**

**A** It has to do with the kind of person you are, the kinds of experiences you have, and the guidance you get. I gave up eating animal products for ethical reasons. Basically, I found out all the details in a single weekend [at the Farm Sanctuary in Watkins Glen, N.Y.]. I saw the clipped beaks, the scars, and it affected me. I knew it was cruel, and I couldn't support it anymore. I had to stop instantly. Also, I was dating a woman—who became my wife—and she was already on board with it. She knew how to do the shopping and cooking. So, I just started eating different things. I never felt like I had to give up that much. I gave up a few things, but over time I found vegan alternatives I liked just as well.

**Q Such as?**

**A** The thing I miss the most is barbecue. When I smell barbecued meat, it makes my mouth water. So, I have barbecued seitan. I don't eat meat substitutes all that often, maybe once a week or so. At first I depended heavily on them, but as the years go by I find I need them less. When I first went vegan, I was not a big fan of vegetables in general, but giving up fatty fried foods changed my palate. My wife makes these amazing miso-based vegetable soups, and I'd never eaten anything like them before. People think of veganism as a diet of sacrifice, but it's really not. I eat a wider variety of foods now than before I quit [eating animal products].

**Q Were you involved in animal rights before you went vegan?**

**A** Many years ago, when I still ate meat, a neighbor was mistreating his dog, and I called a rescue group. I couldn't stand the idea of animals being mistreated. I understand people who have that dual mentality—companion animals and food animals—because I was that guy. I went out of my way not to find out where those [food] animals came from. I just thought they were on a Fisher-Price farm with a red tractor and green grass, rolling in the dirt until they were killed—quickly.




COURTESY DAN PIRARO

**Q Is it difficult to foster pets and give them away?**

**A** It is hard sometimes because some have such great personalities, but you get used to it. It becomes a mind-set where we know these two are staying, these two are going. I also know I'm doing a good thing, because if I kept them, pretty soon I'd have no room to foster anymore. So, I'm saving a lot of lives by sending them along.

BY Victoria Abbott Riccardi

# pan-asia

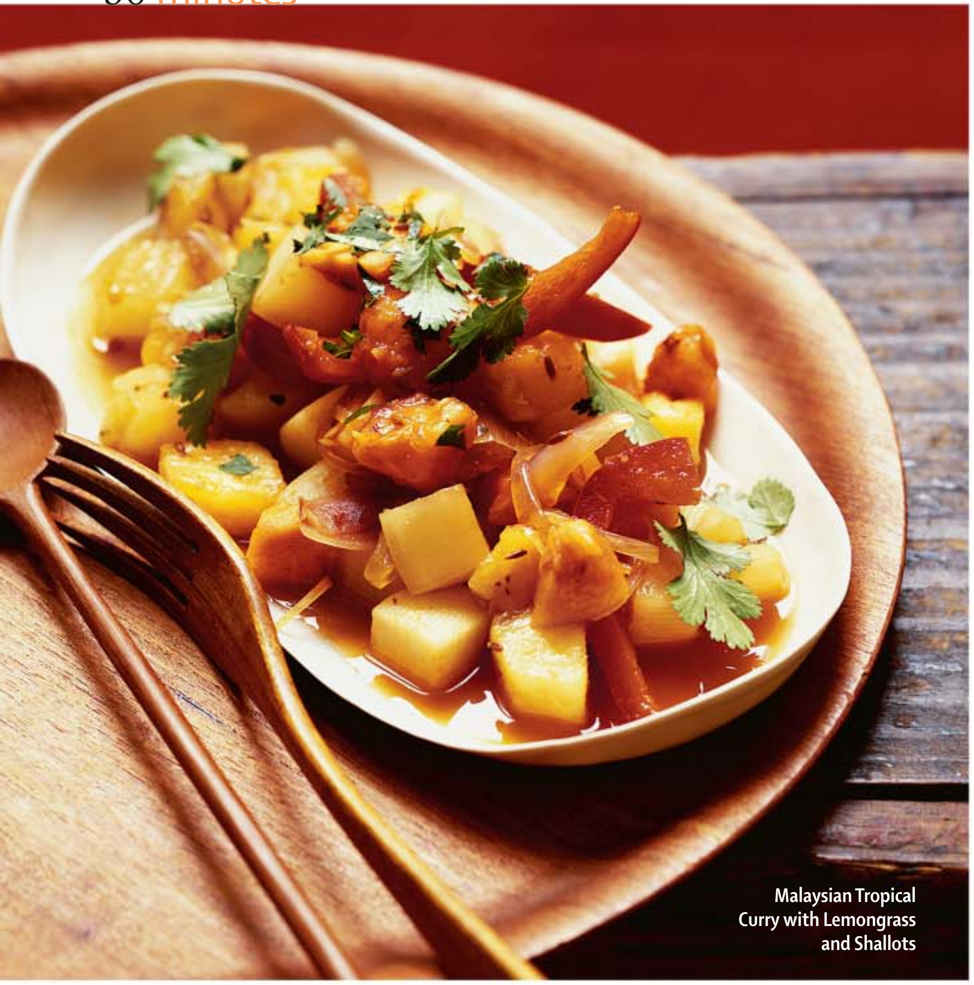
## Take a culinary tour of the Far East with these authentic stir-fry creations

**Want to get more global flavors** into your everyday meals? Stir-fries are an ideal place to start. Recruiting a wok or large skillet and the right combination of ingredients can take your taste buds on a trip to any country on the eastern Pacific Rim. With the following recipes as your passport, let the authentic seasonings and fragrant aromas whisk you away.



LAOTIAN EGGPLANT WITH TOMATOES, ONION, AND MINT, p. 38

PHOTOGRAPHY Beatriz Da Costa FOOD STYLING Natacha Arnoult PROP STYLING Edouard Prulhiere



Malaysian Tropical Curry with Lemongrass and Shallots

## Laotian Eggplant with Tomatoes, Onion, and Mint

SERVES 6 | VEGAN | 30 MINUTES OR FEWER

Fresh mint adds a cool, light touch to this hearty eggplant stir-fry.

- 1 Tbs. vegetable oil
- 1 lb. Japanese eggplant, trimmed and diced (3 cups)
- 1 medium red onion, thinly sliced (1½ cups)
- 4 medium tomatoes, chopped (2 cups)
- 3 Tbs. dark brown sugar
- 2 Tbs. low-sodium soy sauce
- 2 tsp. lime juice
- 1½ tsp. chile-garlic sauce, such as Huy Fong
- 3 cups bean sprouts
- 1 8-oz. can sliced bamboo shoots, rinsed and drained
- ½ cup chopped fresh mint

Heat oil in wok or large skillet over high heat. Add eggplant and onion; stir-fry 10 minutes. Stir in tomatoes, brown sugar, soy sauce, lime juice, and chile-garlic sauce. Cook 3 minutes more. Add bean sprouts and bamboo shoots; stir-fry 2 minutes. Garnish with mint.

PER 1⅓-CUP SERVING: 109 CAL; 4 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 20 G CARB; 0 MG CHOL; 211 MG SOD; 5 G FIBER; 14 G SUGARS

## Malaysian Tropical Curry with Lemongrass and Shallots

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

Sweet-and-sour combinations are common in Malaysian cuisine, which makes abundant use of the country's fresh fruits and vegetables.

- 1 Tbs. vegetable oil
- 4 shallots, peeled and chopped (1 cup)
- 3 stalks lemongrass, minced (⅓ cup)
- 1 Tbs. cumin seeds, lightly crushed
- 2 cups diced jicama
- 1 medium red bell pepper, sliced (1 cup)
- 1 cup diced fresh papaya
- 1 cup diced fresh pineapple
- 3 Tbs. low-sodium soy sauce
- 1 Tbs. lime juice
- 1 Tbs. agave nectar or honey
- 2 tsp. chile-garlic sauce, such as Huy Fong
- ⅓ cup chopped cilantro

Heat oil in wok or large skillet over high heat. Add shallots, lemongrass, and cumin; stir-fry 2 minutes. Add jicama and bell pepper; stir-fry 3 minutes. Stir in papaya, pineapple, soy sauce, lime juice, agave nectar, and chile-garlic sauce. Stir-fry 1 minute. Garnish with cilantro.

PER 1¼-CUP SERVING: 162 CAL; 3 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 31 G CARB; 0 MG CHOL; 426 MG SOD; 5 G FIBER; 14 G SUGARS

## Korean Sesame-Crusted Tofu

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

Serve this dish with steamed rice and kimchee, spicy pickled cabbage found in the refrigerator section of Asian grocery stores and well-stocked supermarkets.

- 1 16-oz. pkg. extra-firm tofu, drained
- 2 Tbs. sesame seeds
- 4 tsp. toasted sesame oil, divided
- 1 lb. bok choy, coarsely chopped (4 cups)
- 1 medium red bell pepper, sliced (1 cup)
- 1 15-oz. can baby corn, rinsed and drained
- 8 green onions, thinly sliced (½ cup)
- 6 cloves garlic, minced (2 Tbs.)
- 2 bird's eye chiles or other small chile peppers, seeded and minced
- 2 Tbs. low-sodium soy sauce

**1.** Place tofu between two cutting boards, tip boards over sink edge; drain 10 minutes. Cut tofu into bite-size cubes.
**2.** Coat tofu with sesame seeds in small bowl. Heat 2 tsp. oil in wok or large nonstick skillet over medium heat. Add tofu, and sauté 10 minutes, or until golden brown. Remove tofu to plate.
**3.** Heat remaining 2 tsp. oil in wok over high heat. Add bok choy and bell pepper; stir-fry 4 minutes. Stir in corn, green onions, garlic, and chiles; stir-fry 2 minutes more. Stir in soy sauce, then fold in tofu.

PER 1½-CUP SERVING: 251 CAL; 17 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 17 G CARB; 0 MG CHOL; 580 MG SOD; 8 G FIBER; 3 G SUGARS

The secret to perfect stir-fries is having all the ingredients ready to go before heating the wok.

## Indonesian Tempeh with Green Beans and Crushed Peanuts

SERVES 6 | VEGAN | 30 MINUTES OR FEWER

In Indonesia, tempeh skewers, served with a spicy dipping sauce, are a popular snack food sold by street vendors. Here, we've taken the same ingredients and flavors of the snack and turned them into a saucy entrée that is delicious over rice noodles.

- 3 tsp. vegetable oil, divided
- 1 8-oz. pkg. tempeh, such as SoyBoy 5 Grain
- 3 Tbs. low-sodium soy sauce, divided
- ¾ lb. fresh green beans, trimmed and cut into thirds
- ⅔ cup light coconut milk
- 1 8-oz. can sliced water chestnuts, rinsed and drained
- 2 Tbs. peanut butter
- 3 cloves garlic, minced (1 Tbs.)
- 2 tsp. dark brown sugar
- 1 tsp. chile-garlic sauce, such as Huy Fong
- ¼ tsp. ground cloves
- 2 Tbs. crushed dry-roasted peanuts

1. Heat 1 tsp. oil in wok or large nonstick skillet over medium heat. Add tempeh, and sear 3 minutes on each side. Add ½ cup water and 4½ tsp. soy sauce. Cook tempeh 5 minutes more, or until all liquid has been absorbed, turning occasionally. Transfer to plate, and cool until easy to handle. Crumble tempeh by hand until no large chunks remain.
2. Heat remaining 2 tsp. oil in wok over high heat. Add green beans; stir-fry 4 minutes or until beginning to brown. Add 3 Tbs. water, and simmer beans 4 minutes, or until crisp-tender. Add coconut milk, water chestnuts, peanut butter, garlic, brown sugar, chile-garlic sauce, ground cloves, remaining 4½ tsp. soy sauce, and crumbled tempeh; stir-fry 2 minutes. Garnish with crushed peanuts.

PER 1-CUP SERVING: 219 CAL; 9 G PROT; 12 G TOTAL FAT (3 G SAT FAT); 21 G CARB; 0 MG CHOL; 309 MG SOD; 6 G FIBER; 3 G SUGARS

## Japanese Fresh Snow Peas with Soybeans, Ginger, and Egg

SERVES 4 | 30 MINUTES OR FEWER

This stir-fry abounds with typical Japanese ingredients, including snow peas, edamame, shiitake mushrooms, sake, and mirin. If you can't find shiso leaves (available at farmers' markets and in Asian grocery stores), garnish each serving with 1 tablespoon each slivered basil and mint leaves.

- 2 large egg whites
- 1 large egg
- 2½ tsp. toasted sesame oil
- 1 lb. fresh snow peas (3 cups), trimmed and halved
- 12 shiitake mushroom caps, sliced (1½ cups)
- 1½ cups frozen shelled edamame, thawed
- 8 green onions, cut into 1-inch pieces
- 2 Tbs. minced fresh ginger
- 3 Tbs. low-sodium soy sauce
- 1 Tbs. sake
- 1 Tbs. mirin
- 4 whole shiso leaves, thinly sliced

1. Whisk together egg whites and whole egg in small bowl; set aside.
2. Heat oil in wok or large skillet over high heat. Add snow peas, mushrooms, edamame, and green onions; stir-fry 3 minutes, or until vegetables begin to brown. Add ginger and 3 Tbs. water; stir-fry 3 minutes more.
3. Add egg mixture to wok, along with soy sauce, sake, and mirin. Stir-fry 30 seconds, or until egg is just cooked through. Break up any large egg pieces with spoon. Garnish each serving with shiso leaves.

PER 1½-CUP SERVING: 207 CAL; 14 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 23 G CARB; 53 MG CHOL; 507 MG SOD; 4 G FIBER; 8 G SUGARS

*Victoria Abbott Riccardi, a food and travel writer in Newton, Mass., loves stir-fries so much that she fires up her wok at least once a week.*

RECIPES BY Melynda Saldenais

# grill like a pro!



Farm Stand Vegetable Skewers with Rosemary-Dijon Vinaigrette, p. 44

Simple tips and smokin' hot recipes to get you all fired up about grilling

**For a long time,** barbecue was considered a meat eater's domain. "At best, vegetarian grilling was an afterthought," says Andrea Chesman, author of The New Vegetarian Grill: 250 Flame-Kissed Recipes for Fresh, Inspired Meals. "People threw a couple of veggies on a skewer and that was all you got as a vegetarian option."

But barbecuing can add a whole new dimension to summer vegetables. A brush of olive oil brings fragrance and flavor to summer produce. And veggies don't just cook on the grill, they caramelize—the high heat releases their natural sweetness. "Smoke gives a flavor that's very compatible with vegetables as well," Chesman adds. The following tips and recipes will prove beyond a doubt that, when it comes to grilling, veggies rule!

## WHAT YOU'LL NEED

- ★ Gas or charcoal grill
- ★ Grill rack or grill topper
- ★ Silicone basting brush
- ★ Vegetable oil for coating grill rack or grill topper
- ★ Paper towels or clean cotton towel
- ★ Skewers (bamboo or stainless steel)
- ★ Long-handled metal tongs and spatula

## 3 SECRETS TO SUCCESS

**Follow these tips for stellar results every time you grill.**

**1. Preheat properly** Light the grill, and oil the grate or grill topper with a paper or cotton towel dipped in vegetable oil before cooking. A charcoal grill requires about 40 minutes to reach the desired temperature, a gas grill takes 20 minutes.

**2. Size up your veggies** "Make sure the vegetables are cut the same size so they cook at the same rate," advises Andrea Chesman. Set ingredients that take longest to cook on the grill first, add quicker-cooking items later.

**3. Work it!** "Be aware the fire has hot spots; move the vegetables around once they start to brown," says Chesman. But don't start shifting until items have had a chance to sear—usually 3 minutes. This makes for pretty grill marks and also keeps foods from sticking to the grate.

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk

# *free recipe!*



## Spicy Peanut Noodles

8 oz. linguine
1/3 cup low-fat creamy peanut butter
1-1/2 Tbs. rice wine vinegar
1 to 2 tsp. chile paste with garlic
1/2 tsp. sugar
1 medium-sized red bell pepper, cut into thin strips
3/4 cup chopped seeded cucumber
3 green onions, sliced diagonally into 1/4 inch pieces
2 Tbs. chopped cilantro

Cook linguine. **Combine peanut butter, 1/4 cup water, 2 Tbs. soy sauce, vinegar, chile paste and sugar in a large bowl; whisk until blended. If sauce does not have the consistency of cream, thin it with a little water. Add linguine, bell pepper, cucumber and green onions. Toss well and sprinkle with cilantro.**

PER SERVING: 234 CAL.; 9G PROTEIN; 8G FAT; 33G CARB.; 0MG CHOL.; 270MG SOD.; 3G FIBER

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# vegetarian times

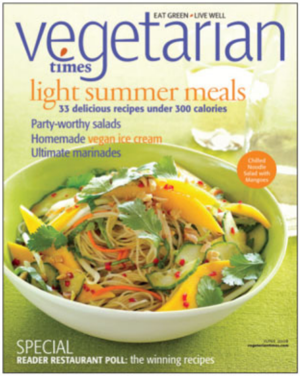
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# Submit Your Favorite Holiday Recipes

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vegetarian times

EAT GREEN LIVE WELL

## 2009 reader recipe contest

Got a faux turkey recipe that the family gobbles up on Thanksgiving? How about veg stuffing that disappears as soon as it hits the holiday table? Maybe it's a vegan pumpkin pie that earns praise way into spring. If so, how about sharing it with your fellow VT readers by entering this year's recipe contest?

Simply send in an original vegetarian or vegan holiday recipe that calls for one or more of the sponsored products in the list below by June 9, 2009. If your celebration creation is chosen by our judges, you could win one of three cash prizes and see your masterpiece featured on the pages of the November/December issue of the magazine.

Submit your favorite holiday recipes at

**vegetariantimes.com/recipecontest**

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Smoky Baby Portobello Sliders

## Smoky Baby Portobello Sliders

SERVES 4

Big or small, portobello mushrooms make the perfect grilled "burger." Portobellos' meaty texture and rich, robust flavor take on the flavors of marinades and rubs and stay juicy and tender when grilled. The onion topping can be made up to two days ahead.

- 8 baby portobello mushrooms, stems removed
- 3 Tbs. olive oil, divided
- 2 Tbs. Classic BBQ Rub (see recipe, p. 44)
- 2 medium yellow or white onions, thinly sliced
- 1 tsp. herbes de Provence
- ½ cup prepared barbecue sauce
- 2 oz. shredded smoked Gouda (¾ cup)
- 8 mini challah rolls or dinner rolls

**1.** Toss mushrooms in bowl with 1 Tbs. olive oil and Classic BBQ Rub. Set aside.
**2.** Heat remaining 2 Tbs. oil in large skillet over medium heat. Add onions and herbes de Provence, and cook 30 minutes, or until golden, stirring occasionally. Remove from heat, and season with salt and pepper, if desired.
**3.** Heat grill or grill topper over medium-high heat. Rub grate or grill topper with vegetable oil. Place mushrooms stem-side down on grill. Brush mushroom tops with barbecue sauce, and grill 3 to 4 minutes, or until soft and charred around the edges. Flip, and grill 3 minutes more. Divide cheese among mushrooms, placing in center of each stem side. Grill 1 minute more, or until cheese is melted.
**4.** Meanwhile, warm buns on grill. Spread barbecue sauce on bottom buns, then top each with 1 mushroom, sautéed onions, and top bun.

PER SERVING (2 SLIDERS): 355 CAL; 10 G PROT; 17 G TOTAL FAT (5 G SAT FAT); 43 G CARB; 34 MG CHOL; 1,412 MG SOD; 3 G FIBER; 16 G SUGARS

## Grilled Tomato Bruschetta

SERVES 6 | 30 MINUTES OR FEWER

Grilling tomatoes concentrates their sunny sweetness and adds a hint of smokiness, mellowing their acidity.

- 4 small tomatoes, cut into ½-inch-thick slices (1 lb.)
- 4 cloves garlic, divided
- 1 tsp. dried thyme
- 3 Tbs. olive oil, divided, plus more for drizzling
- 1 loaf French bread, cut into 12 slices
- 1 6-oz. ball fresh mozzarella, drained and cut into 12 slices
- 10 leaves fresh basil, thinly sliced

**1.** Preheat grill or grill topper over medium heat. Slice each tomato into 3 ½-inch-thick slices. Mince 2 cloves garlic. Combine minced garlic with thyme; set aside. Lightly brush both sides of tomato slices with 1 Tbs. olive oil.
**2.** Rub grate or grill topper with vegetable oil. Place tomatoes on grill, and cook 3 to 5 minutes. Turn tomatoes over, sprinkle with garlic and thyme mixture, and season with salt and pepper, if desired. Grill 3 to 5 minutes more.
**3.** Meanwhile, brush both sides of each bread slice with remaining olive oil. Grill 1 to 2 minutes per side. Rub remaining whole garlic cloves over one side of each piece of grilled bread.
**4.** Place a grilled tomato slice on each garlic side of bread, and top with cheese and basil. Drizzle with olive oil, and season with salt and pepper, if desired.

PER SERVING (2 PIECES): 340 CAL; 13 G PROT; 16 G TOTAL FAT (5 G SAT FAT); 36 G CARB; 22 MG CHOL; 393 MG SOD; 2 G FIBER; 3 G SUGARS

WORTH-IT GRILL TOOL A stainless steel vegetable grill topper is the best investment a vegetarian griller can make, says Andrea Chesman. "With a vegetable grill topper, the size of vegetables doesn't become a limiting factor and you don't have to worry about slices falling through the grate and into the coals," she explains. **Try the Danesco Stainless Steel Grill Topper ($19.99; target.com).**

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There is no flashing red light to warn you of a calcium deficiency. In fact, it is usually not detectable until irreversible damage has already been done. Calcium deficiency is hard to detect because the calcium level in the blood may appear to be normal even in extreme cases. Why? Because the body has a calcium bank in the form of teeth and bones. The need for calcium to control muscular contractions (including the heart), blood-clotting, transmission of nerve impulses and other requirements, take priority. In short, a series of biochemical reactions is triggered and a check is written on your calcium bank.

It may be decades before you know for sure when loose teeth, receding gums or a fractured hip demonstrate how brittle and chalky your bones have become. There is no known cure for osteoporosis but it seems to be afflicting people at increasingly younger ages. The progression towards this disaster takes years, but you may be sure it is going on unnoticed right now in a substantial percentage of our population. Here are the facts that explain why the problem of calcium deficiency is so widespread.

Calcium is not easily absorbed. Perhaps no more than 10-20% of that which is found in the foods consumed is actually metabolized. There are a lot of reasons why this is so. A meal high in fats can form insoluble calcium soaps causing the calcium to pass through the system unabsorbed. The calcium in certain vegetables may be inhibited from release by oxalates found naturally in such foods as rhubarb, kale, spinach and broccoli or phytates in grains and cereals and, of course, a supply of Vitamins A and D must be present for the absorption and use of calcium.

In addition, calcium requires an acid environment for absorption – a special problem for older people who tend to have a lower production of digestive acids. There is more. Amino acids − leucine, arginine and serine − are needed for the formation of calcium-amino acid complexes. Magnesium and phosphorous must be present in an appropriate ratio. Without all these, and other factors, you may lose a lot of the benefit no matter how much calcium you may be ingesting.

You will find quite an array of calcium supplements on the shelf in your health food store. Some will be simple calcium carbonates − others will be calcium carbonate in so-called natural forms, such as oyster shells or eggshells. You will find bone-meal, di-calcium phosphate, dolomite, calcium lactate, calcium glutonate and many others. True, they all contain calcium but they vary in the amount of actual calcium content from 40% for calcium carbonate to around 9% for calcium glutonate. Carbonate has the highest percentage of calcium but it is an antacid. The catch is that calcium can only be absorbed by the body in an acid environment so this may make the calcium carbonate a somewhat self-defeating exercise, especially for older people who often suffer from digestive acid deficiency. Calcium carbonate from oyster shells is no different from calcium carbonate in any other form. It is, after all, a mineral. However, oyster shells carry the additional risk of being contaminated with heavy metals that naturally occur in the oyster bed environment.

Calcium phosphate may be the best source of calcium for us since it has a hydrogen bond and the principle calcium in the body is calcium hydrogen phosphate. Probably the best combination of calcium sources is found in one of Lewis Laboratories' products called ***RDA***™. In this product, calcium phosphate is included with calcium carbonate.

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***RDA***™ is supplied in one pound cans and may be acquired at leading health food stores throughout the United States. Other products from Lewis Labs' include: 100% Pure Premium Brewer's Yeast*, Fiber Yeast, Fabulous Fiber*, Super Fabulous Fiber, The Lecithin from Lewis Labs*, Over 40*, Staminex, Staminex with Stevia Extract*, Staminex with Ginseng and Weigh Down*.

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## Classic BBQ Rub

MAKES ¾ CUP | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

This basic spice blend can be added to marinades or sprinkled directly on grilled vegetables. The recipe makes enough for about four uses as a rub, marinade, or sprinkle. Store in an airtight container for use all through the summer.

- ¼ cup light brown sugar
- ¼ cup sweet paprika
- 3 Tbs. ground black pepper
- 3 Tbs. kosher or coarse sea salt
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. celery seed
- ½ tsp. cayenne pepper

Combine all ingredients in small airtight container. Shake well to blend. Store in refrigerator.

PER SERVING (1½ TSP.): 15 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 4 G CARB; 0 MG CHOL; 722 MG SOD; 1 G FIBER; 3 G SUGARS

**A great homemade marinade** and a quick sear on the grill showcase the flavor of fresh summer vegetables.

## Farm Stand Vegetable Skewers with Rosemary-Dijon Vinaigrette

SERVES 6 | VEGAN

Nothing showcases the flavor of fresh-picked summer vegetables better than a great homemade marinade featuring lemon and fresh rosemary and a quick sear on the grill.

**ROSEMARY-DIJON VINAIGRETTE**

- 4 Tbs. sherry vinegar
- 4 Tbs. Dijon mustard
- 2 small shallots, minced (3 Tbs.)
- 2 Tbs. lemon juice
- 1 Tbs. grated lemon zest
- ⅔ cup olive oil
- 2 Tbs. chopped fresh rosemary

**VEGETABLE SKEWERS**

- 6 small red potatoes, quartered
- 24 sugar snap peas
- 24 white or cremini mushrooms, stems removed
- 1 red bell pepper, cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces
- 1 medium yellow squash, cut into 12 rounds
- 1 medium zucchini, cut into 12 rounds
- ¾ cup Rosemary-Dijon Vinaigrette

**1.** To make Rosemary-Dijon Vinaigrette: Whisk together vinegar, mustard, shallots, lemon juice, and lemon zest in small bowl. Slowly whisk in olive oil until mixture thickens or emulsifies. Stir in rosemary, and season with salt and pepper, if desired. Set aside.

**2.** To make Vegetable Skewers: Cook potatoes 3 minutes in large pot of boiling salted water. Add sugar snap peas, and cook 1 minute more, or until sugar snap peas are crisp-tender. Drain vegetables, and rinse under cold water. Drain once more, and pat dry.

**3.** Toss potatoes, sugar snap peas, mushrooms, red bell pepper, red onion, yellow squash, and zucchini with ½ cup Rosemary-Dijon Vinaigrette. (Reserve remaining Rosemary-Dijon Vinaigrette for another use.) Cover, and refrigerate 1 hour, or overnight.

**4.** Preheat grill to medium-high heat. Thread vegetables onto 12 presoaked bamboo skewers, leaving ¼-inch space between each one to ensure even cooking.

**5.** Rub grate or vegetable grill topper with vegetable oil. Grill skewers 3 to 4 minutes per side, or until vegetables are slightly charred and soft. Season with salt and pepper, if desired, and drizzle with remaining ¼ cup Rosemary-Dijon Vinaigrette.

PER SERVING (2 SKEWERS): 267 CAL; 6 G PROT; 11 G TOTAL FAT (2 G SAT FAT); 38 G CARB; 0 MG CHOL; 128 MG SOD; 5 G FIBER; 6 G SUGARS

### HOW TO TAKE YOUR GRILL'S TEMPERATURE

No thermostat necessary! Simply hold your hand 4 inches above the grate and count until your palm feels hot. Here, the times and their corresponding temperatures:

- **2 to 3** seconds = **high heat**
- **4 to 5** seconds = **medium-high heat**
- **6 to 8** seconds = **medium heat**
- **9 to 10** seconds = **medium-low heat**

If temperature is too high for your recipe, turn down the heat on a gas grill or move some coals off to the side in a charcoal grill.

## Summer Vegetable Stacks with Gremolata

SERVES 4 | VEGAN | GLUTEN FREE

Freezing tofu the night (or up to one month) before you cook it gives it a firmer, chewier texture that's less likely to fall apart on the grill. Feel free to experiment with different grilled summer veggies when building these stacks.

**SUMMER VEGETABLE STACKS**

- 1 16-oz. pkg. extra-firm tofu, frozen, thawed, drained, and patted dry
- 1 medium eggplant (½ lb.), halved and cut lengthwise into ¼-inch-thick slices
- 2 yellow squash (½ lb.), cut lengthwise into ¼-inch-thick slices
- 2 Tbs. olive oil

**GREMOLATA**

- ½ cup chopped parsley
- ¼ cup lemon juice

## PERFECT CROSS MARKS

Want your barbecued goodies to have pro-looking grill marks? All you have to do is rotate them 45 degrees halfway through their time on the grill for one side, then cook until done on that side. Flip, and repeat on other side.

6 cloves garlic, peeled
2 Tbs. olive oil
2 Tbs. grated lemon zest

1. Cut tofu into 4 slabs, and set aside.
2. To make Gremolata: Pulse parsley, lemon juice, garlic, olive oil, and lemon zest in blender or food processor. Season with salt and pepper, if desired.
3. To make Summer Vegetable Stacks: Heat grill or grill topper to high heat, and coat with vegetable oil. Brush tofu, eggplant, and squash with olive oil.
4. Place eggplant on grill, and cook 2 minutes. Add tofu and yellow squash, and cook 2 minutes more. Turn eggplant, tofu, and squash 45 degrees after 2 minutes for crosshatch grill marks. Flip, and cook 2 minutes on opposite side; turn 45 degrees, and cook 2 minutes more. Baste eggplant, tofu, and squash with ¼-cup Gremolata while grilling.
5. Set 1 tofu slice on each plate, and stack eggplant and squash slices on top, alternating colors. Drizzle with remaining Gremolata.

PER SERVING (1 STACK): 268 CAL; 13 G PROT; 20 G TOTAL FAT (3 G SAT FAT); 12 G CARB; 0 MG CHOL; 12 MG SOD; 5 G FIBER; 4 G SUGARS

*Melynda Saldenais, a chef and food writer from Denver, takes advantage of the Mile High City's temperate weather by firing up the grill at least once a week.*

BY Heidi Allison

# slimmed-down summer sides

## Feast on your favorite cookout salads—without overloading on calories

**Pasta salad, potato salad, coleslaw—**cold side dishes are as much a part of summer cookouts as burgers and corn on the cob. Trouble is these "salads" often rack up a hefty calorie count that can make a veggie burger with all the fixings seem like diet food. The antidote: revamped classics that use bold-flavored ingredients, herbs and spices, yogurt and citrus sauces, and even plain ol' water (pasta cooking water, that is) instead of high-calorie dressings. Who wants seconds?

PENNE PASTA SALAD WITH SHAVED PARMIGIANO-REGGIANO, p. 48



PHOTOGRAPHY: CARIN KRASNER, FOOD STYLING; ROBYN VALARIK, PROP STYLING; ROBIN TURK




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## Penne Pasta Salad with Shaved Parmigiano-Reggiano

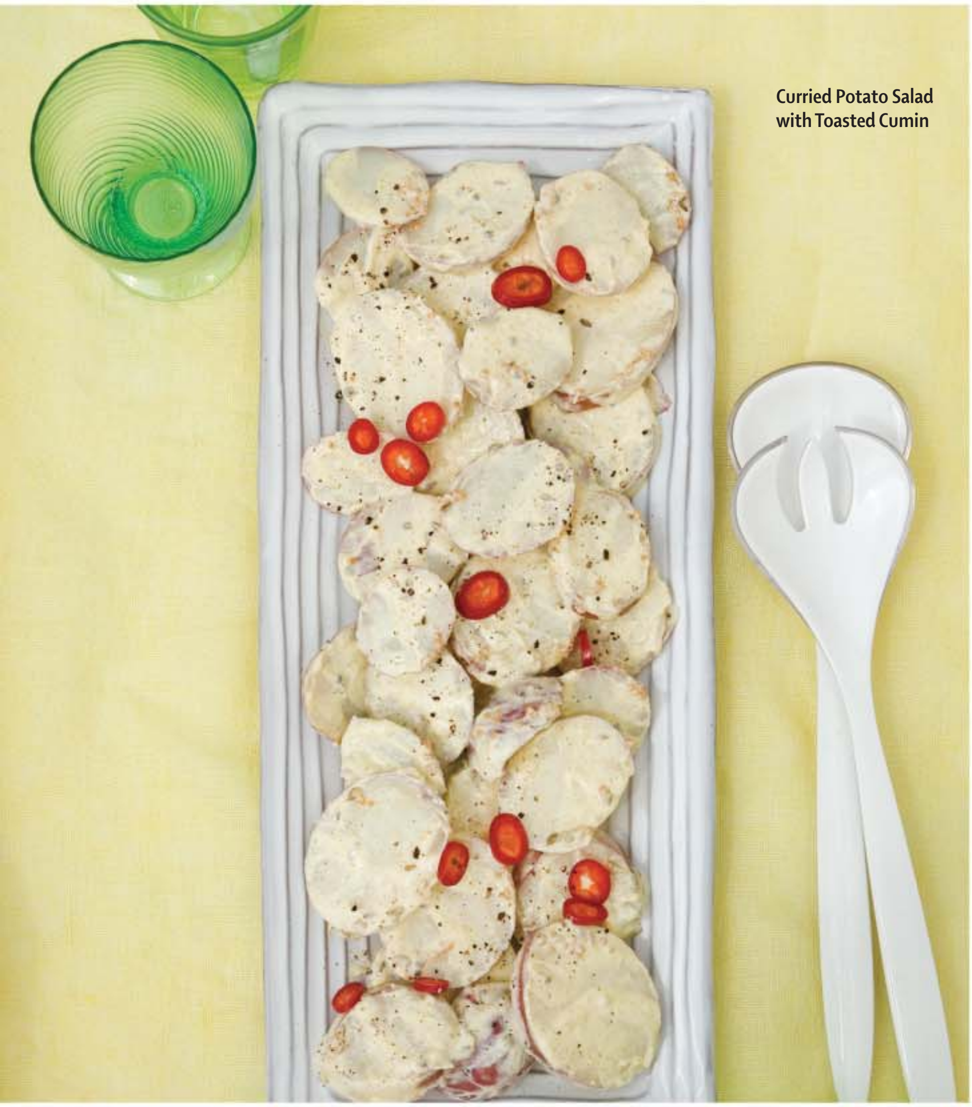
SERVES 6 | 30 MINUTES OR FEWER

A high-quality, aged Parmigiano-Reggiano cheese is essential to this recipe's success: the bold, salty flavor curbs the need for extra fat or seasoning. The salad also makes a quick weeknight meal when served hot.

- 6 oz. penne rigate pasta
- 2 cups broccoli florets
- 9 cloves garlic, minced (3 Tbs.)
- 3 Tbs. olive oil
- ½ red jalapeño chile, seeded and chopped (1 Tbs.)
- 10 fresh red or yellow grape tomatoes, halved
- 1 oz. shaved or crumbled Parmigiano-Reggiano cheese

**1.** Cook pasta in large pot of boiling salted water 8 minutes. Add broccoli, and cook 1 minute more. Drain, reserving ¼ cup cooking water.
**2.** Return pot to stove, and heat oil over medium heat. Sauté garlic in oil 1 minute. Add jalapeño, and cook 30 seconds. Stir in pasta mixture, tomatoes, and reserved cooking water. Transfer to large serving bowl, and season with salt and pepper, if desired. Cool to room temperature, and top with cheese.

PER 1-CUP SERVING: 200 CAL; 7 G PROT; 9 G TOTAL FAT (2 G SAT FAT); 25 G CARB; 3 MG CHOL; 134 MG SOD; 2 G FIBER; 2 G SUGARS



Curried Potato Salad with Toasted Cumin

## Curried Potato Salad with Toasted Cumin

SERVES 8 | GLUTEN FREE

Parboiling and then steaming whole potatoes before you slice them guarantees salad-perfect spuds that are creamy and firm, not mushy. Curry powders vary greatly in heat, so you may have to add more when seasoning the sauce.

- 5 large red potatoes (2 lb.)
- 2 Tbs. olive oil
- ½ tsp. whole cumin seeds
- ½ tsp. yellow mustard seeds
- 2 cups nonfat Greek-style yogurt
- 4 Tbs. 1% low-fat milk
- 1 tsp. yellow curry powder
- 1 red jalapeño chile, finely chopped, for garnish, optional

**1.** Place potatoes in large saucepan, and cover with water. Bring to a boil; reduce heat to medium-low; simmer 20 minutes, or until potatoes are just tender. Drain, and return to pan. Cover with kitchen towel, and let stand 20 minutes. Cool. Cut into ¼-inch-thick slices.
**2.** Heat oil in skillet over medium heat. Add cumin and mustard seeds, and sauté 3 minutes, or until mustard seeds start to pop. Remove from heat.
**3.** Whisk together yogurt, milk, curry powder, and cumin seed mixture in large bowl. Add potatoes, and toss to coat. Season with salt and pepper, if desired. Chill 1 hour, or overnight. Garnish with chopped jalapeños, if using.

PER ½-CUP SERVING: 145 CAL; 8 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 21 G CARB; <1 MG CHOL; 323 MG SOD; 2 G FIBER; 4 G SUGARS

## Moroccan Carrot Salad with Roasted Lemon Vinaigrette

SERVES 6 | VEGAN | GLUTEN FREE

A pinch of cinnamon is the secret ingredient in this tangy-sweet salad. For added color, use half orange carrots, and half yellow or purple heirloom carrots (a summer favorite at farmers' markets).

- 8 large carrots, grated (2 lb.)
- 3 Tbs. chopped parsley
- 2 Tbs. plus 1 tsp. olive oil, divided

PHOTOGRAPHY & STYLING: JEN GOTCH

3 cloves garlic, minced (1 Tbs.)
½ large green jalapeño chile, seeded and chopped (1 Tbs.)
1 tsp. grated lemon zest
¼ tsp. allspice
Pinch cinnamon
2 lemons, halved

**1.** Toss together carrots, parsley, 2 Tbs. oil, garlic, jalapeño, lemon zest, allspice, and cinnamon in large bowl. Set aside.
**2.** Heat remaining 1 tsp. oil in skillet over medium heat. Add lemons, cut-side down, and cook 5 minutes, or until browned and soft. Cool slightly, then squeeze lemon juice through strainer into carrot mixture. Toss well, and season with salt and pepper, if desired. Cover, and chill 2 hours, or overnight.

PER ½-CUP SERVING: 116 CAL; 2 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 17 G CARB; 0 MG CHOL; 106 MG SOD; 5 G FIBER; 8 G SUGARS

## Lemony Coleslaw with Fresh Dill

SERVES 6 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

This slaw, dressed with lemon juice and grape seed oil instead of a creamy sauce, makes a terrific salad or sandwich topping. Clean tasting and light, grape seed oil is a Mediterranean salad favorite that's rich in antioxidants, providing significant health benefits.

8 cups shredded green cabbage
1 cup chopped fresh dill
¼ cup lemon juice
¼ cup grape seed oil
1 tsp. sugar

Toss together all ingredients in large bowl. Season with salt and pepper to taste, if desired. Cover, and chill 1 hour, or overnight.

PER ½-CUP SERVING: 108 CAL; 1 G PROT; 9 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 18 MG SOD; 2 G FIBER; <1 G SUGARS

*Los Angeles–based food writer Heidi Allison honed her light-cooking skills while working on* The Chili Pepper Diet: The Natural Way to Control Cravings, Boost Metabolism and Lose Weight.

BY Ani Phyo



ESSENCE OF TOMATO SOUP, p. 52
CREAMY WALNUT-MUSHROOM SOUP WITH THYME, p. 52

# soup in the raw

## Keep your kitchen cool and your taste buds happy with four easy raw soup creations

**In the summer,** one of my staples for fast, healthful meals is soup. Raw soup, that is. It doesn't get much easier than tossing a handful of garden-fresh ingredients into a blender, giving the mixture a whirl, and ... voilà! Soup's on, and cleanup is a snap.

In addition to being really delicious and inexpensive, these soups are loaded with antioxidants, healthful fats, and fiber. They fill you up and keep you feeling satisfied, which makes it easy to eat light all summer long.

PHOTOGRAPHY Carin Krasner FOOD STYLING Robyn Valarik PROP STYLING Robin Turk

## Essence of Tomato Soup

SERVES 4 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

When summer tomatoes are so good that they need no embellishment, try them in this simple, refreshing starter. It's a tasty way to use up fast-ripening tomatoes, and the soup will keep for up to three days in the fridge.

- 4 cups diced beefsteak, cherry, or heirloom tomatoes, divided
- ¼ cup olive oil
- 1 Tbs. agave nectar
- ½ cup basil, sliced into thin strips

1. Blend 3 cups tomatoes, oil, agave nectar, and 2 cups water in blender until smooth.
2. Pour soup into 4 bowls. Top each serving with ¼ cup diced tomatoes and 2 Tbs. basil.

PER 1-CUP SERVING: 178 CAL; 1 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 12 G CARB; 0 MG CHOL; 2 MG SOD; 3 G FIBER; 9 G SUGARS

## Creamy Walnut-Mushroom Soup with Thyme

SERVES 4 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

Mushroom soup in summer? Try this recipe and you'll be sold on the concept. Ground walnuts provide a creamy, filling soup base that complements the flavors of a marinated mushroom topping. We've called for easy-to-find cremini mushrooms, but feel free to make the recipe with wild mushroom varieties from the farmers' market.

**TOPPING**

- 10 cremini mushrooms, sliced ⅛-inch thick (2 cups)
- 1 Tbs. Bragg Liquid Aminos
- 2 tsp. fresh thyme leaves, plus more for garnish

**SOUP**

- 1 cup raw walnuts (4 oz.)
- ¼ cup olive oil
- 1 clove garlic, minced (1 tsp.)

1. To make Topping: Toss together all ingredients in bowl. Marinate 15 minutes, or up to 12 hours.
2. To make Soup: Blend walnuts, oil, garlic, and 2¾ cups water in blender until creamy. Season with salt and pepper, if desired.
3. Ladle Soup into bowls, and garnish each serving with Topping and thyme leaves.

PER 1-CUP SERVING: 294 CAL; 5 G PROT; 30 G TOTAL FAT (3 G SAT FAT); 5 G CARB; 0 MG CHOL; 168 MG SOD; 2 G FIBER; 1 G SUGARS

## Shaved Fennel in Lemon Broth

SERVES 4 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

Fresh fennel has a delicate crunch and a mild lemon-anise flavor that's perfect in cold summer soups. Shaving fennel into paper-thin strips is a snap with a mandoline, but you can also do it with a knife. Simply quarter the fennel bulb, then cut each quarter into thin slices. Enjoy this soup on its own, or with sprouted or cooked wild rice stirred in for a heartier dish.

- ½ cup olive oil
- ¼ cup lemon juice
- ½ clove garlic, minced (½ tsp.)
- 1 small fennel bulb, shaved (½ lb.)
- 1 green onion, finely chopped, for garnish (2 Tbs.)

1. Blend oil, lemon juice, garlic, and 3 cups water in blender until smooth and no large droplets of olive oil remain. Season with salt and pepper, if desired.
2. Divide soup among 4 serving bowls, Top each serving with ¼ cup shaved fennel and 1½ tsp. green onion.

PER 1-CUP SERVING: 261 CAL; <1 G PROT; 27 G TOTAL FAT (4 G SAT FAT); 6 G CARB; 0 MG CHOL; 30 MG SOD; 2 G FIBER; <1 G SUGARS

## Avocado Chipotle Bisque

SERVES 4 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

The key to this recipe is using the ripest, creamiest Hass avocados you can find. Avocados are high in vitamins C and E and monounsaturated fats that have been shown to help lower cholesterol. To reduce the sodium content, omit the miso paste and simply season the soup with just a hint of sea salt. The bisque will keep for one day in the fridge.

**BISQUE**

- 2 medium avocados, diced (2 cups)
- 1 Tbs olive oil, hemp oil, or avocado oil
- ¼ cup lime juice
- 2 Tbs. white miso paste
- 1½ tsp. minced fresh rosemary or ⅔ tsp. dried rosemary
- ½ tsp. chipotle powder

**TOPPING**

- ½ cup diced cherry tomatoes
- ½ cup diced orange or yellow bell pepper

1. To make Bisque: place all ingredients and 3½ cups water in blender or food processor, and purée until smooth.
2. Divide Bisque among 4 bowls, and top each serving with 2 Tbs. diced tomatoes and 2 Tbs. diced bell pepper.

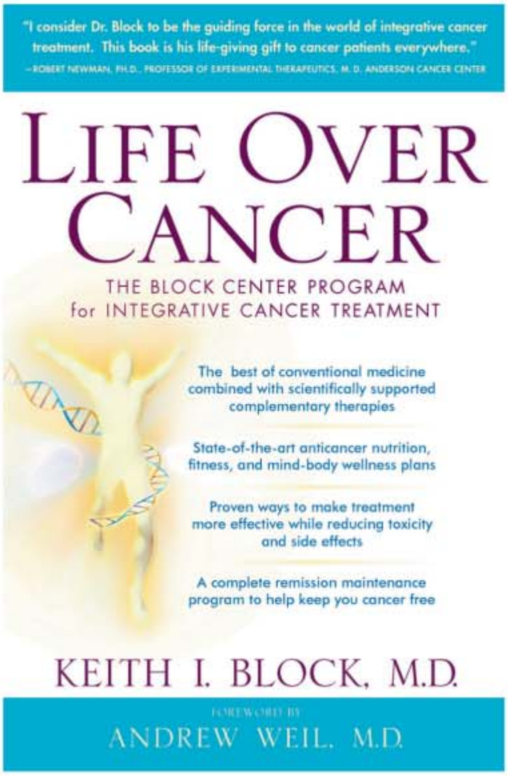
PER 1-CUP SERVING: 180 CAL; 3 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 13 G CARB; 0 MG CHOL; 245 MG SOD; 6 G FIBER; 4 G SUGARS

## tips

**Opt for sea salt** when seasoning raw dishes. It has a relatively mild, slightly mineral flavor.

**Use filtered water** in these blended soups so that the pure flavors of the ingredients can shine through.

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-**N Joseph Espat, M.D.,** Professor and Chief, Surgical Oncology, Roger Williams Medical Center, Providence, Rhode Island

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# A DAY AT THE BEACH

## Take along an outdoor feast that's ideal for towel-top dining

If you've ever had to make do with a soggy sandwich from the bottom of a cooler (where all the melted ice has collected) or tried to nibble chips that have gone stale in humid coastal air, then you know what a challenge it can be to put together a seaside picnic that stands up to the water, wind, heat, and sand. For a frustration-free day at the beach, try this tasty, easy, and elegant take-along menu that holds its own against the elements.

**BY** Mary Margaret Chappell **PHOTOGRAPHY** Jen Gotch **PROP STYLING** Jen Gotch & Emily Henderson **FOOD STYLING** Carrie Purcell



Pesto-Potato Frittata, p. 60, and Rice Salad Primavera, p. 56

## Rice Salad Primavera

**SERVES 8 | VEGAN | 30 MINUTES OR FEWER**

**GLUTEN FREE**

This picnic salad is a medley of rice, vegetables, and tofu that's a meal in itself. Because there's no mayonnaise in it, there's little risk of it spoiling on a hot day, though it should be kept as cool as possible. The rice will absorb more moisture when the salad is chilled, so you may have to adjust seasonings and add a drop of vinegar or olive oil before serving.

- 1 cup basmati rice
- 1 8-oz. pkg. baked flavored tofu, diced
- 2 cups cherry tomatoes, sliced
- 4 green onions, chopped (½ cup)
- ½ orange bell pepper, chopped (½ cup)
- 1 small cucumber, peeled, quartered, and sliced (½ cup)
- 1 small yellow squash, diced (½ cup)
- 2 Tbs. red wine vinegar
- 2 Tbs. Dijon mustard
- ⅓ cup olive oil

**1.** Bring rice and 2 cups water to a boil in covered saucepan. Reduce heat to medium-low, and simmer 15 minutes, or until rice is tender and has absorbed all water. Cool. Transfer to large bowl.

**2.** Stir tofu, tomatoes, green onions, bell pepper, cucumber, and squash into rice.

**3.** Whisk together vinegar and mustard in small bowl. Whisk in oil until mixture forms smooth sauce. Season with salt and pepper, if desired.

**4.** Stir vinaigrette mixture into rice mixture. Chill well before serving.

PER 1-CUP SERVING: 246 CAL; 9 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 28 G CARB; 0 MG CHOL; 285 MG SOD; 2 G FIBER; 2 G SUGARS



## Tangy Marinated Vegetables

SERVES 8 | VEGAN | GLUTEN FREE

This is a beautiful take-along side dish when made in and served out of a 1-quart canning jar. Eat these veggies with your fingers to satisfy a picnic craving for something salty and crunchy—without resorting to a bag of chips.



**MARINADE**

- ½ cup vegetable oil
- ¼ cup olive oil
- ¼ cup red wine vinegar
- 2 Tbs. dried oregano
- 2 Tbs. dried basil
- 2 Tbs. dried parsley
- ½–1 tsp. red pepper flakes

**VEGETABLES**

- 2 cups broccoli florets
- 1 cup carrot sticks or baby carrots
- 1 cup small button mushrooms, halved

**1.** To make Marinade: whisk together all ingredients in large bowl.
**2.** Pour Marinade into 1-quart canning jar with lid or large resealable plastic bag. Add all Vegetables, and shake to coat.
**3.** Refrigerate 4 hours, or overnight, shaking mixture occasionally. Enjoy straight out of jar, like pickles.

PER ½-CUP SERVING: 61 CAL; 1 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 3 G CARB; 0 MG CHOL; 16 MG SOD; 1 G FIBER; <1 G SUGARS





Rice Salad Primavera

**This medley of rice, vegetables, and tofu is a meal in itself.**

KADO RICE BOWL, FROM CRATEANDBARREL.COM; FRENCH HERMETIC TERRINE, FROM CONTAINERSTORE.COM



SOLIG SERVING BOWL AND SLOM BOTTLE WITH LID, FROM IKEA.COM

**Small wonder frittatas** and similar egg dishes are popular in Mediterranean countries. **They taste even better the second day,** served at room temperature.



## Best-of-Summer-Fruit Salad

SERVES 8 | VEGAN | GLUTEN FREE

Tossing fruit in a lemon-infused syrup lightly sweetens it and keeps it from browning once it's cut and stirred into a salad. Feel free to substitute whatever fruit you may have on hand for the choices here. If you plan to use bananas, though, do not add them until just before you're ready to serve the dish.

- ⅓ cup sugar or ¼ cup agave nectar
- ¼ cup fresh mint or lemon verbena leaves
- 2 Tbs. lemon or lime juice
- 2 cups seedless grapes, halved
- 2 peaches or nectarines, cut into 1½-inch pieces
- 1 cup sliced strawberries or whole raspberries
- 1 cup blueberries

**1.** Bring sugar and ½ cup water to a boil in saucepan. Simmer 2 minutes. Remove from heat, and stir in mint and lemon juice. Steep 15 minutes. Strain out mint. **2.** Combine grapes, peaches, strawberries, and blueberries in large bowl. Stir in sugar syrup. Cover, and chill 2 hours, or overnight.

PER ¾-CUP SERVING: 91 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 23 G CARB; 0 MG CHOL; 1 MG SOD; 2 G FIBER; 20 G SUGARS



## Pesto-Potato Frittata

SERVES 8

Small wonder frittatas and similar egg dishes are popular in Mediterranean countries. They taste even better the second day, served at room temperature (or a little warmer). For picnic fare, serve this frittata in wedges, like a quiche, or in thin slices on French bread, as a sandwich filling. Halved cherry tomatoes make a colorful, refreshing garnish.

- 3 Tbs. olive oil, divided
- 1½ lb. red potatoes, cubed (3 cups)
- 1 small onion, diced (1 cup)
- 1 small red bell pepper, diced (1 cup)
- 2 cups fresh basil leaves, parsley leaves, arugula, or watercress
- 2 cloves garlic, peeled
- 2 Tbs. Dijon mustard
- 2 Tbs. all-purpose flour
- 6 large eggs
- 3 large egg whites
- ¼ cup grated Parmesan cheese, optional

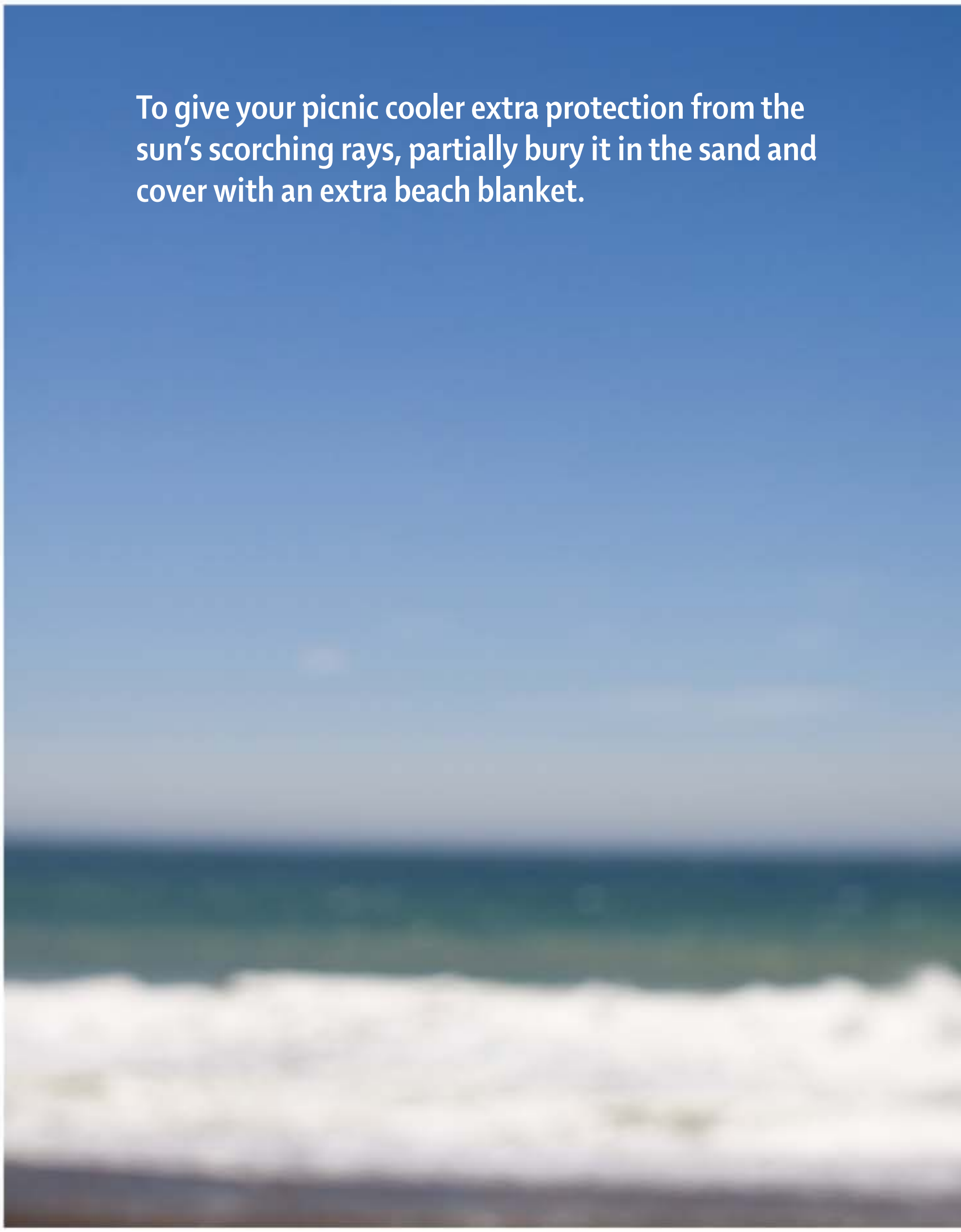
**1.** Heat 1 Tbs. oil in 9-inch nonstick skillet over medium heat. Add potatoes, onion, and bell pepper, and cook 15 minutes, or until potatoes and onion begin to brown, stirring often. Transfer potato mixture to large bowl, and season with salt and pepper, if desired; cool 10 minutes.

**2.** Meanwhile, place basil and garlic in food processor, and pulse until finely chopped. Add mustard and flour, and pulse until combined. Add eggs, egg whites, and Parmesan cheese, if using, and blend 1 minute, or until frothy. Stir egg mixture into potato mixture.

**3.** Wipe out nonstick skillet, and heat remaining 2 Tbs. oil in skillet over medium-low heat, swirling oil over bottom and up sides of pan. Spread potato-egg mixture into hot skillet, making sure potatoes are evenly distributed. Cover, and cook 10 minutes. Gently lift bottom and sides of frittata with spatula to allow uncooked egg mixture to reach pan. Cover, and cook 10 minutes more, or until frittata is brown and crispy on bottom and sides and mostly set in center.

**4.** Remove skillet from heat, loosen edges of frittata, and place large plate over skillet. Carefully invert frittata onto plate. Slide frittata back into skillet, uncooked-side down, cover, and cook 5 minutes more, or until both sides are browned and crispy. Transfer to serving plate to cool. Serve at room temperature.

PER SLICE: 200 CAL; 9 G PROT; 9 G TOTAL FAT (2 G SAT FAT); 21 G CARB; 159 MG CHOL; 268 MG SOD; 2 G FIBER; 2 G SUGARS



REVERSIBLE PLACE MAT, FROM POTTERY BARN



Chewy Picnic Brownies

## Chewy Picnic Brownies

MAKES 16 BROWNIES

Using cocoa powder and semisweet chocolate allowed us to cut back on the traditional high-fat, high-sugar ingredient quantities in brownies and still have a satisfyingly chewy, chocolaty dessert.

- 1 cup all-purpose flour
- ¼ cup unsweetened cocoa powder
- 1 tsp. baking powder
- ½ tsp. salt
- 6 oz. semisweet or bittersweet chocolate
- 6 oz. (1½ sticks) nonhydrogenated margarine or butter, cut into small pieces
- 1½ cups light brown sugar
- 3 large eggs, beaten

1. Whisk together flour, cocoa powder, baking powder, and salt in large bowl. Preheat oven to 325°F. Coat 9-inch square baking pan with cooking spray.
2. Melt chocolate and margarine in double boiler. Remove from heat, and whisk until smooth.
3. Stir brown sugar into chocolate-butter mixture. Fold in beaten eggs. Spread in prepared baking pan, and bake 25 to 30 minutes, or until brownies look set, but still soft in center. Cool. Slice into squares.

PER BROWNIE: 251 CAL; 3 G PROT; 13 G TOTAL FAT (5 G SAT FAT); 34 G CARB; 40 MG CHOL; 221 MG SOD; 1 G FIBER; 26 G SUGARS

1 FOOD 5 WAYS

BY Myra Kornfeld

# zucchini

## The little gourd makes a big splash in gardens and recipes



**It's hard to imagine** a summer garden or produce stand that doesn't boast a bumper crop of zucchini. But the deep green squash is a relative newcomer to American farmers. "Zucchini became popular after the 1940s, with the growth of Italian cookery," says William Woys Weaver, author of *100 Vegetables and Where They Came From*. "I have an extremely large collection of American menus, and I do not find zucchini listed under vegetables until the 1950s," he adds.

Weaver credits the little gourd's (*zucchini* means "little gourd" in Italian) widespread success to its versatility, its adaptability to a wide variety of climates, its high yield in small gardens, and Americans' love of tomatoes. "Americans are big on tomatoes, and tomatoes and zucchini go together. They are cultural compatriots," he says.

In addition to one zucchini-tomato recipe, we've got four other spectacular ways to use the squash. They all make it easy to see why zucchini's popularity is here to stay.

### NUTRITIONAL PROFILE

1 RAW ZUCCHINI CONTAINS:

- 31 CALORIES
- 2 G FIBER
- 33 MG MAGNESIUM
- 514 MG POTASSIUM
- 33 MG VITAMIN C

THIS PAGE: SIMON PEARCE BARRE SIDE PLATE, FROM SIMONPEARCE.COM.
OPPOSITE: HERING BERLIN PLATE, FROM MICUCCICOLLECTION.COM

## Braised Zucchini Wheels with Sesame-Mint Pesto

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

Braising—simmering ingredients in a small amount of water in a shallow pan—keeps zucchini's texture firm but tender, rather than turning the vegetable into mush. This technique also works well with a prepared pesto if you're short on time.

- ⅓ cup breadcrumbs
- ⅓ cup whole almonds
- 2 garlic cloves, peeled
- 2 Tbs. fresh mint leaves
- 2 tsp. lemon juice
- 1 tsp. grated lemon zest
- 1½ Tbs. olive oil
- 1 Tbs. sesame seeds
- 4 medium zucchini (2 lb.), cut into 5 wheels each

**1.** Pulse breadcrumbs, almonds, garlic, mint, lemon juice, and lemon zest in blender or food processor until coarsely chopped. Add oil and sesame seeds, and pulse several times to make chunky pesto.
**2.** Score an X in each zucchini wheel to within ½ inch of bottom, making sure not to cut through. Gently pry each wheel open, and stuff with 1 heaping tsp. pesto. Place zucchini wheels snugly in single layer, stuffing-side up, in medium saucepan. Add 1 cup water, cover pan, and bring to simmer over medium heat. Cook 20 minutes, or until zucchini are tender. Serve hot, with cooking liquid drizzled over top.

PER SERVING (5 WHEELS): 196 CAL; 7 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 17 G CARB; 0 MG CHOL; 87 MG SOD; 5 G FIBER; 5 G SUGARS



PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk

## Shopping tips

"For nutritional quality, organically raised heirloom zucchini are best; next best are organically raised hybrids," says William Woys Weaver. Look for heirloom varieties such as Cocozella di Napoli, Cocozella di Tripoli, and Ronde de Nice. Steer clear of zucchini that looks limp, dried out, or wrinkled, Weaver adds. "These are signs that the squash has begun losing water content and may cook to mush rather than hold their shape in a recipe."

### Zucchini-Tomato Gratin

SERVES 4 | GLUTEN FREE

For a light entrée on a summer night, this dish is just the ticket. Salting and draining the zucchini and tomatoes before baking prevents them from releasing excess moisture as they bake, so the gratin stays firm, not soggy.

- 1½ lb. tomatoes, cut into ¼-inch-thick slices
- 2 medium zucchini (1 lb.), cut into ⅛-inch-thick diagonal slices
- 1 Tbs. plus 1 tsp. olive oil, divided
- 4 garlic cloves, thinly sliced
- 2 Tbs. roughly chopped kalamata olives
- ¼ cup thinly sliced basil leaves
- ¾ cup grated Parmesan cheese (1½ oz.), divided

**1.** Drape tomato slices over colander, sprinkle with salt, and let drain 45 minutes.
**2.** Spread zucchini on baking sheet, and sprinkle with salt. Let stand 30 minutes to sweat out excess moisture. Rinse well, and pat dry.
**3.** Preheat oven to 375°F. Heat 1 tsp. oil in nonstick skillet over medium-high heat. Sauté zucchini 3 to 4 minutes, or until golden. Transfer to plate. Do this in 2 batches if necessary, adding more oil between batches.
**4.** Layer half of zucchini slices in 8-inch-square baking pan. Top with half of tomatoes. Sprinkle with half of garlic, 1 Tbs. olives, half of basil, and ¼ cup Parmesan cheese; season with freshly ground black pepper. Repeat with remaining zucchini, tomatoes, garlic, olives, and basil. Drizzle top with 1 Tbs. oil, and sprinkle with remaining ½ cup cheese. Cover with foil, and bake 10 minutes. Remove foil, and bake 20 minutes more, or until cheese is melted and gratin is bubbling. Let stand 5 minutes before serving.

PER ¾-CUP SERVING: 165 CAL; 9 G PROT; 10 G TOTAL FAT (3 G SAT FAT); 12 G CARB; 13 MG CHOL; 303 MG SOD; 3 G FIBER; 6 G SUGARS

### Grilled Zucchini with Corn-Radish Salsa

SERVES 4 | VEGAN | GLUTEN FREE

This spicy dish with south-of-the-border seasoning tastes good hot or cold. For the prettiest presentation, do not trim the ends of the zucchini—simply rinse and dry well, then slice in half.

- ¼ cup olive oil
- 4 Tbs. lime juice, divided
- 2 garlic cloves, thinly sliced
- 2 ears corn, husked, silk removed
- 1 cup thinly sliced radishes
- ¼ cup finely chopped red onion
- ¼ cup chopped cilantro
- 1 jalapeño chile, seeded and finely diced
- 1 tsp. grated lime zest
- Pinch cayenne pepper
- 6 small zucchini (2 lb.), cut in half lengthwise

**1.** Heat oil with 2 Tbs. lime juice and garlic in small saucepan over medium heat until bubbles appear. Let stand 5 minutes. Season with salt and pepper, if desired. Strain out garlic, and set aside.
**2.** Preheat grill or grill pan over medium heat. Brush garlic oil over corn. Grill 8 minutes, or until corn starts to char, turning often. Transfer to cutting board, and cut off kernels. Toss radishes, red onion, cilantro, jalapeño, lime zest, and remaining 2 Tbs. lime juice with corn in medium bowl. Stir in cayenne pepper, and season with salt, if desired.
**3.** Score cut side of zucchini halves in crisscross pattern about ¼-inch deep at 1-inch intervals. Brush garlic oil on cut side of zucchini. Place zucchini on grill, cut-side down, and cook 12 minutes, turning occasionally. Each time cut side is exposed, baste with garlic oil. Serve zucchini hot, topped with salsa.

PER SERVING (3 ZUCCHINI HALVES PLUS ½ CUP SALSA): 200 CAL; 4 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 18 G CARB; 0 MG CHOL; 171 MG SOD; 5 G FIBER; 6 G SUGARS

### Zucchini Sautéed with Pine Nuts, Capers, and Raisins

SERVES 4 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

Impress guests with your knife skills when you serve these sautéed match-sticks that are really easy to cut, as you'll see below. Have all your ingredients prepped and ready to go before you turn on the skillet—the dish cooks very quickly because the zucchini are sliced so small.

- 2 medium zucchini (1 lb.)
- 2 Tbs. olive oil, divided
- 2 Tbs. pine nuts
- 2 garlic cloves, minced (2 tsp.)
- 2 Tbs. balsamic vinegar
- 2 Tbs. raisins
- 1 Tbs. capers, drained

**1.** Cut each zucchini crosswise into 3 2½-inch-long cylinders. Stand each cylinder upright, then shave ⅛-inch-thick strips away from seedy core. Discard core. Cut zucchini strips into match-sticks. You should have about 3 cups.
**2.** Heat 1 Tbs. oil in medium skillet over medium heat. Add zucchini, and season with salt, if desired. Sauté 2 minutes, or until zucchini are tender. Transfer to plate.



Zucchini-Tomato Gratin

**3.** Heat remaining 1 Tbs. oil in skillet over medium heat. Add pine nuts and garlic. Sauté 1 minute, or just until mixture is straw colored. Stir in vinegar, raisins, and capers. Cook 30 seconds, then return zucchini to skillet and stir to heat through. Season with salt and pepper, if desired.

PER ½-CUP SERVING: 124 CAL; 2 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 9 G CARB; 0 MG CHOL; 69 MG SOD; 1 G FIBER; 6 G SUGARS

## Sweet Zucchini-Ricotta Pancakes with Raisins and Walnuts

SERVES 4

*VT* staffers gave these slightly sweet treats high marks. Top them with sweetened whipped cream or yogurt and fresh berries for a tasty summer dessert.

- 2 small zucchini (⅔ lb.), coarsely grated
- ½ tsp. salt
- 2 large eggs
- ½ cup low-fat ricotta cheese
- ¼ cup sugar
- ½ cup whole-wheat pastry flour
- ½ tsp. ground cinnamon
- ¼ tsp. baking powder
- ¼ cup raisins
- ¼ cup toasted walnuts pieces
- Butter or oil for cooking

**1.** Sprinkle zucchini with salt, stir to combine, and let stand 30 minutes. Squeeze moisture out of zucchini with hands, removing as much liquid as possible. Transfer to small bowl.
**2.** Whisk eggs until frothy in separate bowl. Whisk in ricotta and sugar. Stir in flour, cinnamon, and baking powder. Fold in raisins, walnuts, and zucchini.
**3.** Add butter or oil to large nonstick skillet over medium heat. Drop 2 heaping Tbs. batter onto skillet for each pancake. Spread into 3-inch pancakes, and cook 2 to 3 minutes, or until bottom is lightly brown. Flip pancakes, and flatten slightly with spatula. Cook 1 to 2 minutes more, or until golden and firm. Repeat with remaining batter. Serve hot.

PER SERVING (3 PANCAKES): 282 CAL; 10 G PROT; 12 G TOTAL FAT (4 G SAT FAT); 37 G CARB; 123 MG CHOL; 458 MG SOD; 4 G FIBER; 21 G SUGARS

*Myra Kornfeld still remembers the three-foot-long zucchini she glimpsed as a teenager in her neighbor's garden. These days, she prefers smaller, more flavorful zucchini for eating.*

THE BRIGHT-HUED GEMS DAZZLE IN WARM-WEATHER DISHES



**Fresh Berry Tart with Toasted Nut Crust, p. 70**

BY Carrie Purcell PHOTOGRAPHY Richard Jung FOOD STYLING Fergal Connolly PROP STYLING Roisin Nield



# Berries Jubilee

In the realm of summer fruit, berries reign as the crown jewels. Sure, you can probably pick up a pint of blueberries in the dead of winter, but the out-of-season offerings can't compare to the color, flavor, and sweetness of local berries from a farmers' market or pick-your-own farm. To help you make the most of these summer treasures, we've put together a guide to finding and preparing berries that are flawlessly fresh and exquisitely ripe.

## Blackberry, Jicama, and Apple Salad

SERVES 4 | 30 MINUTES OR FEWER | GLUTEN FREE

Blackberries are perfect salad berries because they're sturdy enough to stand up to tossing and substantial enough to be speared with a fork. In place of jicama, you can use seeded cucumber.

- 2 Tbs. nonfat yogurt
- 4 tsp. lime juice
- 4 tsp. olive oil
- 2 tsp. raspberry champagne vinegar
- 2 tsp. agave nectar or honey
- ½ tsp. poppy seeds
- 2 cups arugula
- 1 cup blackberries
- ½ jicama, peeled and cut into thin matchsticks (1 cup)
- ½ Granny Smith apple, cut into thin matchsticks (1 cup)

Whisk together yogurt, lime juice, oil, vinegar, agave nectar, and poppy seeds in bowl. Combine arugula, blackberries, jicama, and apple in separate bowl. Toss with yogurt dressing, and serve immediately.

PER 1½-CUP SERVING: 104 CAL; 2 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 15 G CARB; <1 MG CHOL; 10 MG SOD; 4 G FIBER; 9 G SUGARS

## PICK of the crop

These berry-picking tips come from Katie Creeger, owner of Kestrel Perch Berries CSA in Ithaca, N.Y.

| Berry | At the market | Pick-your-own tip |
|---|---|---|
| **Blueberries**  | Look for dark, plump berries with a whitish bloom. Avoid blueberries with pinkish rings at the stem, a sign that they aren't quite ripe. | "Blueberries should be picked individually—not all the berries in a cluster will ripen at the same time," says Creeger. |
| **Raspberries**  | Select berries that are uniform in color with no signs of moisture or crushing—raspberries are highly perishable and will mold quickly if damaged. | Pluck raspberries that come off easily from the plant. "Bramble fruits are really easy to pick when they're fully ripe. If you have to exert pressure to get them off the plant, they're not ready," explains Creeger. |
| **Blackberries**  | "It can be very hard to tell whether blackberries are ripe just by looking at them," says Creeger. "Some varieties change from shiny to dull when ripe, but some don't." Taste, if you can, or follow the same rules for raspberries. | Because blackberries can still be sour even when they look ripe, gently test each berry to see if it comes away easily—the only sure sign of ripeness. |
| **Red & black currants**  | Currants should still be attached to their stems in clusters and have a vibrant-hued glow about them. | Pluck clusters instead of individual fruits. "You'll have to pick the stems off later, but wouldn't you rather do that sitting in the shade than out in a hot field?" jokes Creeger. |

## Red Currant Tea Cakes

MAKES 12

These little cakes are based on the French *financier*, a light tea cake made with almond flour and egg whites. Red currants add some tartness to every bite. You can also top the tea cakes with black currants, blueberries, or raspberries.

- 1½ cups almond flour
- ½ cup all-purpose flour
- ½ cup confectioners' sugar, plus more for dusting
- 1 tsp. baking powder
- ½ cup applesauce
- 3 Tbs. unsalted butter, melted
- 3 large egg whites
- 12 oz. red currants, fruit pulled from stems

**1.** Preheat oven to 350°F. Coat 12-cup muffin pan with cooking spray.
**2.** Whisk together almond flour, all-purpose flour, confectioners' sugar, and baking powder in large bowl. Stir in applesauce and butter. Beat egg whites in separate bowl with electric mixer 4 to 5 minutes, or until soft peaks form. Gently fold one-third of whipped egg whites into flour mixture. Fold in remaining egg whites until completely combined.
**3.** Fill each muffin cup no more than half full with batter. Top with several red currants.
**4.** Bake 15 to 20 minutes, or until lightly brown around edges. Cool 10 minutes before unmolding. Dust with confectioners' sugar to serve.

PER TEA CAKE: 174 CAL; 5 G PROT; 10 G TOTAL FAT (2 G SAT FAT); 19 G CARB; 8 MG CHOL; 66 MG SOD; 3 G FIBER; 10 G SUGARS

BLACKBERRIES ARE PERFECT SALAD BERRIES—THEY'RE STURDY ENOUGH TO STAND UP TO TOSSING AND SUBSTANTIAL ENOUGH TO BE SPEARED WITH A FORK.



**Blackberry, Jicama, and Apple Salad**

## Fresh Berry Tart with Toasted Nut Crust

SERVES 8

A crumbly homemade nut crust sets this tart apart from other berry pies. It can be made up to three days ahead and refrigerated until ready to use.

**CRUST**

- ¼ cup each almonds, pecans, and hazelnuts
- ¾ cup whole-wheat flour
- ¼ cup sugar
- ¼ tsp. salt
- 6 Tbs. chilled unsalted butter, diced
- 1 large egg yolk

**FILLING**

- ½ cup light sour cream
- ½ cup nonfat plain Greek yogurt
- 2 Tbs. light brown sugar
- 1 tsp. vanilla extract
- ¼ tsp. grated orange zest
- 1 cup blueberries
- 1 cup raspberries
- 1 Tbs. orange juice

**1.** To make Crust: Preheat oven to 350°F. Coat 9-inch tart pan with cooking spray. Spread nuts on baking sheet, and toast in oven 12 to 15 minutes, or until browned.
**2.** Pulse nuts, flour, sugar, and salt in food processor until nuts are ground to powder. Add butter, and pulse until mixture resembles coarse meal. Add egg yolk, and pulse until moist clumps form. Press dough into bottom and sides of prepared pan, about ¼-inch thick, and pierce with fork. Freeze 30 minutes.
**3.** Adjust oven temperature to 400°F. Bake Crust 12 to 14 minutes, or until golden. Cool.
**4.** To make Filling: whisk together sour cream, yogurt, brown sugar, vanilla, and orange zest in small bowl. Toss berries with orange juice in separate bowl.
**5.** Spread sour cream mixture in Crust with spatula. Spoon berries over top a little at a time, until sour cream mixture is evenly covered. Refrigerate 30 to 60 minutes before serving.

PER SLICE: 288 CAL; 6 G PROT; 19 G TOTAL FAT (9 G SAT FAT); 26 G CARB; 58 MG CHOL; 87 MG SOD; 4 G FIBER; 13 G SUGARS

## Raspberry-Vanilla Freezer Jam

MAKES 4 CUPS | VEGAN | GLUTEN FREE

Adding a fresh vanilla bean turns this freezer jam into a special treat that makes a great gift come holiday time. The jam will keep in the freezer for a year and in the fridge up to three weeks. Try the recipe with other berries as well.

- 2 cups sugar
- 1 1.75-oz. pkg. less- or no-sugar-needed pectin
- 3 pt. raspberries
- 1 vanilla bean, split in half

**1.** Bring sugar, pectin, and 1 cup water to a boil in saucepan, reduce heat to medium, and boil 1 minute, or until sugar is dissolved.
**2.** Add raspberries, and boil 3 minutes, stirring often. Crush berries with back of wooden spoon. Scrape seeds from vanilla bean into berry mixture.
**3.** Pour jam into jars or freezer containers, and cool. Cover with lids, and let stand at room temperature overnight, or until jam sets. Refrigerate or freeze.

PER 1-TBS. SERVING: 33 CAL; <1 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 8 G CARB; 0 MG CHOL; 2 MG SOD; <1 G FIBER; 7 G SUGARS

## Quick Berry Coulis

MAKES 2 CUPS | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

*Coulis* is a fancy word for a colorful, versatile dessert sauce. Because the berry pulp is not cooked, the flavor of fresh, ripe fruit really shines through. Chef's secret: place coulis in a small squirt bottle to decorate dessert plates.

- 2½ cups fresh ripe berries, cleaned (coarsely chopped for large fruit, such as strawberries)
- 2 Tbs. sugar or agave nectar
- 1 Tbs. fresh lemon juice
- 1 Tbs. orange liqueur, such as Grand Marnier or Cointreau, optional

**1.** Combine berries, sugar, and lemon juice food processor bowl; let stand 5 minutes.
**2.** Add ¼ cup water and orange liqueur, if using, to berry mixture, and purée until completely smooth.
**3.** Strain through fine mesh sieve, stirring and pressing with wooden spoon to remove seeds.

PER 3-TBS. SERVING: 21 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 5 G CARB; 0 MG CHOL; <1 MG SOD; <1 G FIBER; 4 G SUGARS

## Summer Pudding

SERVES 8

Layers of angel food cake soak up the juices of fresh and cooked berries to create a rich, moist, no-bake dessert.

- 1 cup blueberries, plus more for garnish
- 1 cup raspberries, plus more for garnish
- 1 Tbs. sugar
- 2 cups sliced strawberries, plus more for garnish
- 1 prepared angel food cake, cut into ¼-inch slices

## MY HUCKLEBERRY FRIEND

As sustainable and organic farmers get back to their roots, they're reintroducing local berry varieties that are worth seeking out in season. Here are a few to look for:

**Huckleberries, wild blueberries**
Small, blue-black varieties that can be used like blueberries.




**Lingonberries**
These tiny, tart red berries are members of the cranberry family.



**Boysenberries**
Sweet, purple-red berries that are hybrids of loganberries, raspberries, and blackberries.





Summer Pudding

THIS CLASSIC BRITISH DESSERT IS LIGHT, LOW IN SUGAR, AND EASY TO MAKE.

1. Bring blueberries, raspberries, and sugar to a boil in saucepan over medium heat. Simmer 5 minutes, or until berries begin to release their juices. Cool.
2. Pulse strawberries in food processor, until mashed. Stir into blueberry-raspberry mixture.
3. Line 6-cup bowl with several sheets of plastic wrap, leaving 6 inches extra on all sides. Line bowl with angel food cake slices, cutting pieces to completely cover inside of bowl. Pour berry mixture into lined bowl. Top with remaining slices of cake to cover completely.
4. Fold plastic wrap over cake to seal. Place slightly smaller plate on top of bowl and weigh down with two cans. Refrigerate 12 to 24 hours.
5. Remove cans and plate, and unseal plastic wrap. Cover bowl with large plate. Invert pudding onto plate, and remove plastic wrap. Serve garnished with fresh berries.

PER SLICE: 229 CAL; 5 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 53 G CARB; 0 MG CHOL; 380 MG SOD; 2 G FIBER; 29 G SUGARS

*Carrie Purcell is a Los Angeles–based freelance food stylist and writer who loves the way fresh berries make foods "pop" on the pages of magazines.*

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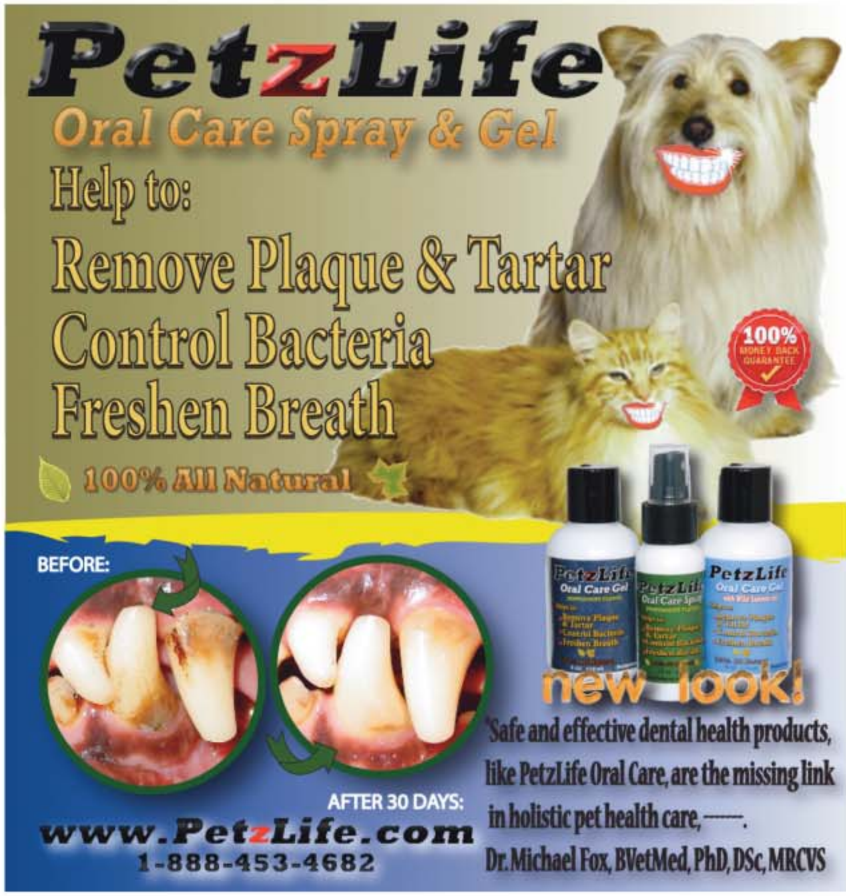
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▲ Circle reply 64 on info center



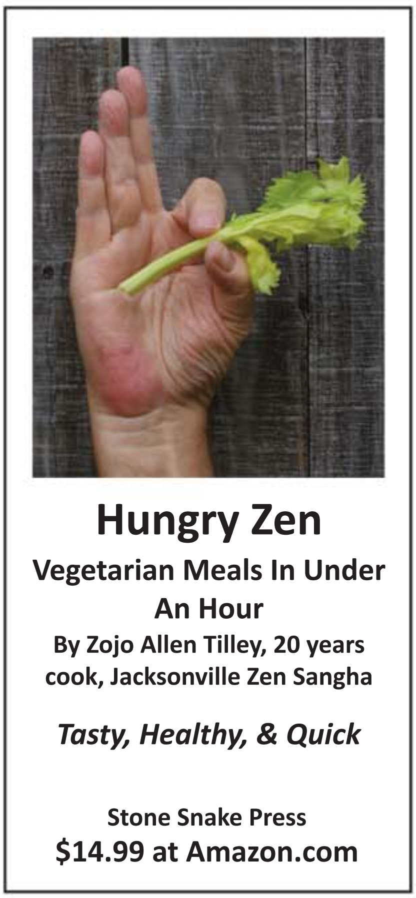

▲ Circle reply 65 on info center




▲ Circle reply 67 on info center





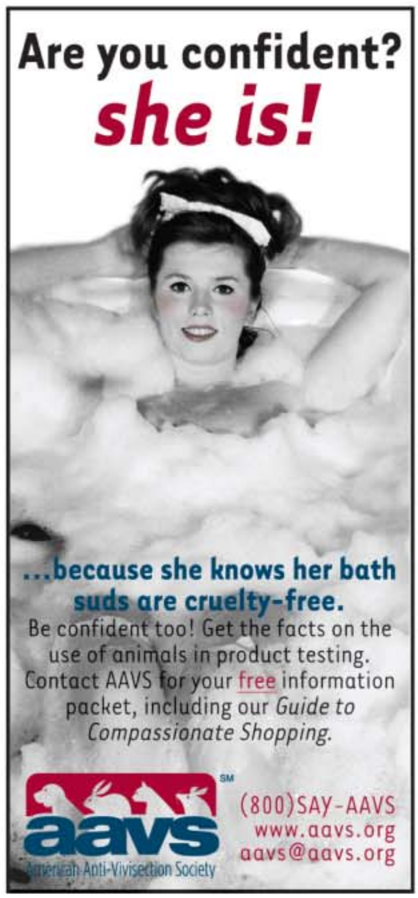

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**Where:** Civic Center Farmers Market, Marin, Calif.

**When:** July 12, 2009
10:00 a.m.–noon

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BY Mary Margaret Chappell

> “Sex is good, but not as good as fresh, sweet corn.”
> —Garrison Keillor



# sweet CORN

**Golden yellow, silver-white,** bicolor, red, or blue—choosing the perfect ear of sweet summer corn has more to do with personal preferences and regional availability than with the quality of one variety over another. “Bicolor corn seems to be the most popular with our customers these days, but some other varieties are just as good,” affirms Tonya Martisko, owner of Gaeddert Farms in Buhler, Kan.

One thing all cooks can agree on is that corn should be sweet, so ask farmers’ market vendors for a taste of a raw ear, says Martisko. “If the taste isn’t good and sweet when the corn is raw, it’s not going to be better when it’s cooked. I know because we eat a lot of raw corn in the summer to test our crops.”

## How to buy and store

- “Check the ears for nice green color and silk on the top that looks pale and moist, not dry or moldy,” Martisko advises. Yellowing husks and droopy silk are signs the corn was picked a while ago.
- Avoid ears with kernels that look dented or dry. “Kernels should look like the juice would drip out of them if you popped them,” Martisko says. (Just don’t pop the kernels for real—a pet peeve of growers.)
- Ask the grower when the corn was picked and if it has been refrigerated. “Corn needs to be cooled after it’s picked to stay fresh, unlike some other vegetables that you can leave in the heat all day,” Martisko explains, so be sure to put the ears you buy in the fridge as soon as possible.

## Chef’s tip

“My favorite way to eat corn is to spread it with umeboshi paste, a Japanese pickled plum condiment that’s salty-sweet and a tad sour. I love its dramatic flavor and vibrant pinkish-red color.”
*—Ann Gentry, VT executive chef and owner of vegan eatery Real Food Daily*

PHOTOGRAPHY: MIKE LORRIG